



## Chronic Disease Self-Management Leader Training

*Help others learn to take control of their chronic disease and improve their quality of life.*

Becoming a trained Leader for the Chronic Disease Self-Management Program takes only 4 days. Training is conducted by Certified Master Trainers. There is no cost for this training.

### Subjects include

- Techniques to deal with frustration, pain and fatigue
- Exercise
- Medications
- Communication
- Nutrition
- Making informed treatment decisions

### This evidence-based program has the following proven benefits for participants:

- Decreased pain
- Increased energy
- Increased flexibility and range of motion
- Decreased physician visits
- Increased communication with physicians
- Reduced health care costs

**Dates:** July 9, 10, 11, 12  
**Time:** 9:00a—4:30p  
**Address:** 701 E. State Street  
Athens, OH

**To register contact**  
Joyce Lewis or Susan Pitts  
at 740-594-3535

*Lunch will be on your own.*

A cross-training for certification for the **Chronic Pain Self-Management Program** is being planned for late July 2018. Dates and location will be announced when details are finalized.



United Seniors of Athens County



*This training is made possible through a partnership between the United Seniors of Athens County, Inc., Buckeye Hills Regional Council and the Lifestyle Change Network.*