



## 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:** April 30, May 1, 7, & 8

**Time:** 9:00a—4:30p

**Address:** Washington County Health Department  
342 Muskingum Drive,  
Marietta,

*Lunch will be on your own. You can bring a lunch or walk/drive with the group to Huck and Son's Farm Market.*

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

**To register:** Amy Nahley at 740-374-2782 x3305 or [anahley@wcgov.org](mailto:anahley@wcgov.org)



This training is made possible through a partnership between the Washington County Health Department and the Buckeye Hills Regional Council.