MnRAAA is pleased to offer an opportunity for Leader Training in:

**Stanford Chronic Disease Self Management Program (CDSMP) Or “Living Well With Chronic Conditions Workshop”**

This is an opportunity for your organization to be trained as a Leader in CDSMP and be able to offer this workshop in your community. CDSMP provides information and offers practical skills on managing chronic health issues. The interactive curriculum includes topics such as: fatigue and pain, exercise/physical activity, medication usage, effective communication and nutrition.

Workshops are facilitated by 2 trained leaders, it is recommended that at least 1 leader have a chronic condition. Potential leaders must attend all 4 days of training to be certified.

This training will be offered at no cost; in addition, new trained organization/leaders will be offered materials for their 1st community class. Organizations are encouraged to train at least 2 leaders or more as this allows for flexibility in scheduling community workshops.

**Leader Training is scheduled for:**
**July 28, July 29, August 4, August 5, 2014**

8:30am - 4:30pm each day
Redwood Area Community Center (RACC)- Room 3A
901 Cook Street, Redwood Falls, MN 56283

Refreshments and lunch will be provided each day.
Trainers will be: MNRAAA staff member Robin Weis and A.C.E. of Southwest Minnesota staff member Joanne Bartosh

If you need further information or would like to register please contact:
Robin Weis
507-836-1642 srlinkage@swrdc.org
Register soon!

This training is made possible in part under the Federal Older Americans Act Funds through an award from the Minnesota River Area Agency on Aging®, Inc. under an Area Plan approved by the Minnesota Board on Aging.

Put Life back in your Life!
REGISTRATION FORM FOR LEADER TRAINING

Living Well With Chronic Conditions
(Stanford Chronic Disease Self-Management Program)

July 28, July 29, August 4, August 5-2014
8:30am - 4:30pm each day
Redwood Area Community Center (RACC)- Room 3A
901 Cook Street, Redwood Falls, MN 56283

Name _____________________________________________________________

Organization _______________________________________________________

Address _____________________________________________________________________

Phone Number __________________________ Email: ____________________________

Do you need any special accommodations for this training? _____________

List the individual(s) and/or organization(s) you will be working/coordinate with to offer workshops in the community

________________________________________________________________________

In order to be certified, potential leaders MUST attend all 4 (four) days of training. Lunch and Materials are included. Two leaders are required to offer a workshop.

What organization will hold the license from Stanford University for the classes you will be leading?

__ MN River Area Agency on Aging®, Inc. (no cost to attend)
__ Another Area Agency on Aging in MN, Specify: __________ (no cost to attend)
__ Other- Specify: ________________ ($200 Registration Fee)

Please return this form (and payment if applicable) to:

Robin Weis
SRDC
2401 Broadway Avenue, Slayton, MN 56172
Email: srlinkage@swrdc.org
Fax: 507-836-8866