

Chronic Disease Self-Management Program

My Life, My Health



This proven program was developed by researchers at the Stanford University Medical Center and is offered to adults of any age by the Massachusetts Department of Public Health and your local Council on Aging.

Are you interested in learning how to help others with chronic conditions?

Come learn how to be a leader. Learn about a no cost, 4 day Leader Training. Learn how to run workshops that meet once a week for 2 ½ hours over 6 weeks. Those who successfully complete the training will receive a certificate.

As a trained leader you will be able to co-lead workshops that will give participants the tools to:

- * **Set and meet personal goals**
- * **Talk to their doctor about their health**
- * **Make choices about their treatment**
- * **Handle stress and learn to relax**
- * **Increase energy level**
- * **Identify and try out simple techniques that may improve quality of life**
- * **Have fun!**

Informational session

Date: August 4, 2010

Time: 1 p.m.

Site: Duxbury Senior Center,

10 Mayflower St., Duxbury, MA Telephone: 781-934-5774