



My Life, My Health

Chronic Disease Self-Management Group Leader Training

We are delighted that you are interested in becoming a Chronic Disease Self-Management Course leader! The Self-Management Course leaders training will take place at:

Ethos, 555 Amory Street, Jamaica Plain, MA 02130

Training Schedule:

Monday	January 30, 2012	9:00 am - 4:00 pm
Tuesday	January 31, 2012	9:00 am - 4:00 pm
Monday	February 6, 2012	9:00 am - 4:00 pm
Tuesday	February 7, 2012	9:00 am - 4:00 pm

About the Chronic Disease Self Management (CDSM) Program:

The CDSM Program meets for two and one-half hours, once a week for 6 weeks.

It is a community workshop designed to give people with chronic conditions (such as arthritis, heart disease, cancer, diabetes, asthma, etc.) and/or their caregivers the knowledge and skills needed to take a more active role in their health care.

Each class will be taught by two trained lay leaders. There is no fee to you for attending the training. Each Organization offering the training must be licensed by Stanford. However, if you are volunteering we will connect you to teach with an agency that is already licensed.

No experience is necessary but you must attend all four days of the training and you may not be late or leave early.

Ethos does not have parking but there is on street parking on Green Street and Washington Street. Ethos is located right off of the Green Street T Stop on the Orange Line and we are a five minute walk down Amory Street.

We hope to see you at the leaders training! It will be a lot of fun! If you have any questions, please contact Meelynn Wong at mwong@ethocare.org or 617.477.6699. Please return the following application through email or fax at 617-524-2899 attn. Meelynn by January 18th, 2012. Thank you!