



My Life, My Health

Leader Training

Stanford University Chronic Disease

Self-Management Program

This proven program was developed by the Stanford University & is sponsored by Elder Services of the Merrimack Valley, Ethos, and Hebrew SeniorLife.

Funding for this leader training comes from the American Recovery and Reinvestment Act's Putting Communities to Work grant.

Materials will be provided. Participants may purchase lunch onsite or from area merchants.

In this 4 day training, you will learn how to co-lead 6 week 2 ½ hour workshops for participants gain the skills and 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
- * Have fun!

Pre-registration required by November 15, 2010 . For more information and to pre-register please e-mail:

AmandaAprea@hsl.harvard.edu

When: November 29, 30, December 1,3

Trainings start at 9 AM and end by 4:30 PM

Where: Hebrew SeniorLife, 1200 Centre Street, Boston, MA (Classroom A)

Important: Potential Leaders must attend all 4 full days. Those who successfully complete the training will receive a certificate to conduct workshops under Stanford licensed organizations.