



Save the dates for this exciting educational opportunity!

Help your clients learn how to feel better...healthier...happier.

The 4-day *Living Well Alaska Chronic Disease Self-Management Program Leader Course* will prepare individuals to offer the 6-week Chronic Disease Self-Management Program in a clinical or community setting. Individuals who would like to implement the Diabetes Self-Management Program will be eligible to participate in the 2-day *Diabetes Self-Management Program Leader Cross-Training* immediately following the CDSMP leader course.

The 2-day *Diabetes Self-Management Program Leader Cross-Training* is for current Living Well Alaska Chronic Disease Self-Management program leaders or leader trainees who participated in the Dec. 4-7 *Chronic Disease Self-Management Program Leader Course*.

Be aware that each of these programs requires two trained leaders, so you should determine whether there are other trained leaders in your community. In Alaska, both of these programs are licensed through the State of Alaska Department of Health and Social Services (DHSS) and individuals and organizations implementing programs are asked to provide limited evaluation data to DHSS.

Program: • Living Well Alaska Chronic Disease Self-Management Program Leader Course
December 4-7 • \$200 • Register at bit.ly/2iuhN1N
• Diabetes Self-Management Program Leader Cross-Training
December 8-9 • \$150 • Register at bit.ly/2zcx5IS

Location: Anchorage Outreach Center, 1840 Bragaw St., Room 119

Days/Dates for both programs: Monday-Saturday, Dec. 4-9

Time: 8:30 a.m.-4 p.m.

Contact: Leslie Shallcross, 907-474-2426 or
lashallcross@alaska.edu

This training is provided by the UAF Cooperative Extension Service and the Alaska Department of Health and Social Services.



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