

# You Can! Live Well ,Virginia!

## Leader's Training Fact Sheet

The Virginia Department of Health is pleased to provide free training for the evidence-based Chronic Disease Self- Management Program (CDSMP). There are a couple of things you need to know if you are interested in attending the training:

1. Training is two consecutive days for two weeks. Attendance is required each day to be certified in the program. The training will be held in the Richmond area.
2. Space is limited to 20 people.
3. The course must be co-taught by two people who are both certified as leaders in CDSMP.
4. The training is **FREE!!!** All materials will be provided to participants. Books will be provided for use in conducting first community-based class.
5. Breakfast and lunch are the responsibility of the participant.
6. Hotel reservations are the responsibility of the participant.

### What you need to know before attending the training.

Your agency will need to fill out and sign a Leader's Application which:

- 1) Assures participants will teach at least two *Live Well* courses, and
- 2) Assures program evaluation submittal to VDH *Live Well* Coordinator
- 3) Assures *Live Well* Coordinator is notified prior to each workshop implementation.

*The Virginia Department of Health (VDH) is pleased to provide this training free of registration charge to interested organizations. In doing so, VDH asks that the above conditions are met for attending the training.* Mileage, lodging or other travel expenses must be assumed by your agency.

Due to the costs of offering this class, should you become unable to attend please, notify Catherine Fields immediately at 804.864.7886. A class waiting list will be maintained should last minute cancellations occur.

### For more Information:

Catherine Fields, CHES

CDSMP Coordinator

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<http://www.vahealth.org/cdpc/CDSMP/>

<http://patienteducation.stanford.edu/programs/cdsmp.html>