

Chronic Disease Self Management Leader Training



Most of today's older adults have two or more chronic conditions that can lead to a lower quality of life, loss of independence, increased use of health care services and shortened life spans. Based on Stanford's widely tested chronic disease and diabetes self-management programs, *Better Choices, Better Health* workshops can help members:

Join our next 3 day training

July 9, July 10th, & July 15th
9:30am-4:00pm
Sheltering Arms Senior Services
3838 Aberdeen Way
Houston, TX 77025

- ◆ FIND PRACTICAL WAYS TO DEAL WITH PAIN, FATIGUE AND STRESS
- ◆ DISCOVER BETTER NUTRITION AND EXERCISE CHOICES
- ◆ BETTER UNDERSTAND NEW TREATMENT OPTIONS
- ◆ LEARN HOW TO EFFECTIVELY TALK TO DOCTORS & FAMILY ABOUT THEIR HEALTH

Trainees **MUST** attend **ALL** of the above training dates.

Please bring a lunch!

Registration is required!

To register, please contact
Febe Parks
fparks@neighborhood-centers.org
832-393-3861

Benefits to Your Organization

- ▮ Helps your organization become more efficient and effective as educated and empowered people experience improved health and use fewer health resources.
- ▮ Gives your association an established, internationally respected and strong evidence-based educational self-management program.
- ▮ Allows an opportunity to better align health plan community benefits programming with internal medical management objectives and priorities.



HEALTH + WELLNESS. FOR GOOD.