

# Become a Leader at the

## English

## Leaders Training Course

## Living Healthy with Chronic

## Conditions AND Diabetes



*Be a part of this life-changing Team!*

### Course Dates and Times:

March 2, 9, 16, 23 & 30, 2017

9:00am- 4:00 pm

Allow time for registration on first day - **8:30am**

Please bring a sack lunch

### Place: Health Care Agency

1725 W. 17th Street, Suite 101N,

Santa Ana, CA 92706

### Course Requirements:

- Attend all four days of training for the CDSMP Certification
- \*\* Attend bonuses training day for DSMP certification \*\*
- Be comfortable in front of a group
- Willing to follow a scripted curriculum
- Start at least one workshop series within 3 months of completing the course

**To Register:** Send Leader Application form via email [officeonaging@ocgov.com](mailto:officeonaging@ocgov.com) or fax to (714) 567-5021.

### Questions Call:

Frank Hernandez 714-480-6451

Joseph Vargas 714-796-0251 or

Veronica Ramirez 714-834-4429

*"Everything thing I learned will most definitely help me deal with things from this point on; you have made a big difference in my life – George 62*

This Program is Supported by: Orange County Office on Aging & Adult Public Health Nursing Services  
Funded by the Administration on Aging, with support from CA Department on Aging and Partners in Care.

*Developed by Stanford University, this self-management program teaches people with chronic diseases how to manage their day-to-day treatment and maintain the activities of daily living.*

### The program was built on several assumptions:

- Many people have more than one chronic condition.
- People with multiple conditions have similar concerns and problems.
- People with a variety of illnesses not only deal with their diseases, but also the impact that their diseases have on their lives.

### Program Includes:

- Goal-setting and problem solving
- Healthy eating and physical activity
- Working with a health care team
- Medication management
- Relaxation techniques
- Dealing with negative emotions
- Better health behavior and a sense of confidence in managing their diabetes
- Improvements in blood sugar levels
- Decrease in health distress and hypo- and hyperglycemia

