



Ready to empower others? Become a Healthy Living Workshop Leader!

“HEALTHY LIVING” WORKSHOP LEADER TRAINING

Help people manage chronic conditions and improve their quality of life!

You'll be trained to lead:

- Chronic Disease Self-Management Program: teaches strategies to manage physical and emotional symptoms.
- Diabetes Self-Management Program: focuses on techniques for managing diabetes.

What do you need to be a leader?

- Comfortable speaking in front of a group
- Willing to follow a scripted curriculum
- Committed to leading at least one workshop series within a year of completing the training



**REGISTER BY
AUGUST 5, 2026!**

 **August 11 - October 1, 2026***
Tuesdays & Thursdays

*Must attend all 16 classes

 **9 AM - 11:45 AM**

 **Online via Zoom***

*Please allow 15 minutes to login

 **More Information:**
bit.ly/HealthyLivingTraining

Register/Questions:
(714) 480-6451 or
Frank.Hernandez@occr.ocgov.com

The materials or product were a result of a project funded by a contract with the California Department of Aging. The conclusions and opinions expressed may not be those of the California Department of Aging and that the publication may not be based upon or inclusive of all raw data.

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