**Wisdom Warriors**

**Living Wise…..Living Strong**

**Chronic Disease Self-Management Program**

**Lay Leader Training**

**August 22-26, 2016**

**8:30am – 4:00pm**

**Tamástslikt Cultural Institute**

Yellowhawk Tribal Health Center and Northwest Regional Councilare pleased to offer a **FREE** Chronic Disease Self-Management Program/Wisdom Warrior Lay Leader Training at Tamástslikt Cultural Institute in Pendleton, Oregon.

Northwest Regional Council (NWRC) is pleased to report that there are currently about 500 members enrolled in the Wisdom Warriors Program. The goal of the program is to provide an ongoing incentive driven program that provides Elders the education, support and tools to make choices resulting in lifestyles that promote **self-care**, **healthy choices** and **longevity**. Participants are rewarded with the Program medicine bag, beads, charms, and most important, more active control of their own health and wellbeing. Participants who complete the CDSMP course are called Wisdom Warriors and utilize the tools learned in CDSMP to manage their chronic disease symptoms, with the support of their community and peers.

This training is a co-facilitator model, so please find a local co-leader and come ready to have fun and gain tools to empower your community to move towards a healthier future. NWRC will provide complete support in designing the Wisdom Warrior program to best suit your community’s health and wellness needs.

This FREE training is good for:

* Community Volunteers
* Diabetes Prevention Staff
* Elder Advocates
* Title VI Staff
* Social Services Staff
* Wellness Staff
* Fitness Program Staff
* Clinic Staff

**REGISTRATION:**

All Leader Training workshop costs, printed materials/CDs and trainers will be provided by **Yellowhawk** at **no cost** to Lay Leader candidates. Full attendance is mandatory for certification of completion.

**YOUR EXPENSES:** Participants are responsible for their own lodging, travel, and dinners. Wildhorse Resort and Casino has 10 rooms blocked until August 1, 2016 for Wisdom Warrior participants. Ten lodging scholarships are available by email request.

**MEALS:**

Breakfast, Lunch and snacks will be served each day. Classes run from 8:30 am – 4 pm all week.

**For More Information and To Register, Please Contact:**

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