***Chronic Disease Self-Management Leader Training***

Sponsored by

Northwest Senior & Disability Services

NWSDS is proud to announce a FREE **virtual leader training** in CDSMP, an SMRC Evidence-Based Self-Management Program originally developed at Stanford University. These classes will prepare individuals to facilitate evidence-based classes in **Chronic Disease Self-Management** and serves as the basic building block for other cross-trainings**.**

Date: April 15, 2021 (Thurs) to May 27, 2021 (Thurs)

Time: Every Thursday from 12noon to 2:30pm &

Every Tuesday from 10am to 12:30pm.

Place: Virtual via ZOOM

For inquiries or questions about the application, please contact Master Trainer **Lavinia** at **cell 503-602-8384** **or email:** [**lavinia.goto@nwsds.org**](mailto:lavinia.goto@nwsds.org)

or Master Trainer Karen Douglas at <kadouglas@samhealth.org>

Access to high speed internet with a camera and microphone are required. Class offerings include the most current manuals and textbooks. You must attend all sessions to graduate.

APPLICATION for this class is attached. Applications can be scanned and sent to Lavinia via email at **lavinia.goto@nwsds.org** or faxed to **(503) 304-3465** **Attention: Lavinia Goto**