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

Sponsored by

Oregon Wellness Network/ NWSDS & Samaritan Health

NWSDS and Samaritan Health are proud to announce a FREE **virtual** **leader “update” training** in CDSMP, the core course for 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 2020** and serves as the basic building block for other cross-trainings**.**

Date: April 23, 2021 Friday

Time: Session 1: 9-11:30am

Session 2: 12:30-2:00pm

Place: Virtual via Zoom. You will be sent a zoom invite once we receive

your completed Application

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**

**Karen Douglas at kadouglas@samhealth.org**

Space is limited so don’t delay. Class offerings include the most current manuals and textbooks (if you have not already obtained).

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**