***Tomando Control de su Salud***

***Leader “Update” Training***

Sponsored by

Oregon Wellness Network (OWN) & Yakima Valley Farmworkers (YVFWC)

OWN and YVFWC are proud to announce a FREE **virtual** **leader “update” training** in Tomando Control, a community-based Spanish-language self-management program that assists Latinos with managing their chronic illnesses. These classes will prepare individuals to facilitate evidence-based classes in **Tomando Control de su Salud (2021)** and serves as the basic building block for other cross-trainings**.** Note that you must attend both days to receive certification.

Date: November 16. 2021 9am-3:30pm &

November 23, 2021 9am-12:00noon

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 **Angie Pila Rodriguez** at **cell 503-351-2856 or email:** [**MariaPil@yvfwc.org**](mailto:MariaPil@yvfwc.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 health.promotion@NWSDS.org or faxed to **(503) 304-3465** **Attention: Aaron**