



**Virtual  
Chronic Disease  
Self-Management Program**

# Leader Training

**Learn to lead an evidence-based program  
that will help build a healthier community  
and make a difference in peoples lives.**



## Workshop Leader Training:

Become a Workshop Leader to help others learn the skills needed to manage their chronic conditions and enhance their quality of life. You do not need previous teaching or healthcare experience to be a leader, just a willingness to help others improve their health.

## Workshop Helps Participants:

- ✓ Take day-to-day responsibility for their health including physical activity, nutrition, stress management and pain management.
- ✓ Work more effectively with their healthcare team.
- ✓ Learn problem solving and decision making skills which enable them to confront the challenges of living with chronic conditions.

**First Session: Thursday | January 18, 2024 | 1:30 pm – 4 pm**

**Week 2 – 7: Tuesday & Thursday | Jan. 23 – Feb. 29, 2024 | 1:30 pm – 4 pm**

## Leader Expectations and Experience:

The Chronic Disease Self-Management Program teaches individuals to get the most out of life with a chronic condition. The Workshops can be virtual or in person and help build confidence and teach practical skills for managing health, staying active, and enjoying life.

- ✓ Leader training participants will receive a leader manual and book.
- ✓ Objectives of training include understanding the components of the program, learning the teaching techniques, and building the skills necessary to teach the class.
- ✓ Once Leaders are trained, they will be asked to lead at least 1 workshop a year.



**For more information or to register, CALL 304.264.1287, ext. 31814  
or email Dana DeJarnett at [dana.dejarnett@wvumedicine.org](mailto:dana.dejarnett@wvumedicine.org)**