



Save the dates for this exciting educational opportunity!

Help your clients learn how to feel better...healthier...happier.

Help your clients take control with the **Diabetes Self-Management Program** and the **Chronic Disease Self-Management Program**. These programs can be offered by professionals or volunteers at health centers, senior centers, or other community sites. They are strongly recommended by the Centers for Disease Control and Prevention, the Administration on Aging and the Health Resources Services Administration. The **Diabetes Self-Management Program** can be the core of a recognized clinical DSME program. You will be able to help clients and their families to:

- Manage symptoms
- Communicate with their health-care team
- Decrease frustration
- Fight fatigue and pain
- Eat healthier and understand food labels
- Monitor blood sugar levels
- Make daily tasks easier
- AND...get more out of life

Program: • Living Well Alaska Chronic Disease Self-Management Program Leader Course
February 11-14 • \$225
• Diabetes Self-Management Program Leader Cross-Training
February 15 • \$100

*Individuals who participate in the first 4 days will be eligible to participate in the 1-day cross training.
Current Leaders who have been trained in the CDSMP can also participate in the cross-training.*

Location: TBD - Anchorage

Days/Dates: Monday-Friday, Feb. 11-15

Time: 9 a.m.- 5 p.m.

Contact: Leslie Shallcross, 907-474-2426 or
lashallcross@alaska.edu

This training is co-provided by the UAF Cooperative Extension Service and the Alaska Department of Health and Social Services.



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