



## Taking Control of Your Health

# Become a Volunteer Leader to help others take control of their health and change lives!

### ***Chronic Disease Self-Management Program***

Join our committed volunteers and obtain a leader certification. Originally developed by Stanford University, this workshop has been taught successfully around the world. Leaders empower people by providing information and tools to live healthier lives with chronic conditions.

- *Training is free.*
- *Leader trainees do not need prior teaching or medical experience.*
- ***Volunteers must attend all sessions of training to become certified.***
- *After completing training, volunteers must co-facilitate at least one workshop series each year to maintain certification.*
- *Volunteers may request an honorarium and mileage reimbursement for workshops they co-facilitate.*

## When and Where?

**Training consists of 13 Sessions Online:**

**1:00 pm – 3:30 pm**

**Session 1: Wednesday, September 18, 2024**

**Sessions 2 – 13: Every Monday and Wednesday,**

**September 23 through October 30, 2024**

**On-Site Orientation in Arlington (lunch included)**

**Monday, November 4, 2024, from 10:00 am – 3:00 pm**

**Location: North Central Texas Council of Governments,**

**Centerpoint II, Regional Forum Room**

**616 Six Flags Drive, Arlington, TX 76011**

**For more information or to register,**

**please contact**

**Sharon Rowbottom**

**817-608-2373 or**

**[srowbottom@nctcog.org](mailto:srowbottom@nctcog.org)**



A program of the North Central Texas Council of Governments.