

Tomando Control de su Salud

Spanish Chronic Disease Self-Management Program

Leader Training Workshop

March 15 – 18, 2010

Bakersfield, California

The California Arthritis Partnership Program (CAPP) in partnership with the Kern County Department of Public Health invites you to become a Chronic Disease Self-Management Program Leader!

Be a LEADER in your community!

Learn...

- Techniques to promote self-management skills
- Communication skills
- Group dynamics
- Goal-Setting

2 WAYS TO REGISTER:

#1 Go Online: www.cdph.ca.gov/programs/CAPP

Click on "Tomando Control de su Salud (CDSMP) – Kern"
Enter event password "Tomando" when prompted

#2 Call: Juan Vega, Jr. with the Kern County Public Health Department
(661) 868-1287

Date and Time: March 15–18, 2010 (9:00 am – 4:00 pm)

Location: Kern County Department of Public Health
San Joaquin Room, Hans Einstein Education Center
1800 Mt. Vernon Avenue • Bakersfield, CA 93306

Additional Info: Lunch provided all four training days

Questions? In English, contact Jackie Tompkins, (916) 552-9993, jacqueline.tompkins@cdph.ca.gov.
In Spanish, contact Juan Vega, Jr., (661) 868-1287, vegaj@co.kern.ca.us

LEADERS

Upon completing the CDSMP leader training, it is highly recommended that you teach a workshop within three months of your training.



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