

Chronic Disease Self-Management Program

Healthier Living with a Chronic Condition

Leader Training Workshop

March 4 & 5, 11 & 12, 2010

Ukiah, California

The California Arthritis Partnership Program (CAPP) 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 Call: The California Arthritis Partnership Program at (916) 552-9993 or (916) 552-9886

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

- 1) Click on "CDSMP Leader Training - Mendocino"
- 2) Enter event password "CDSMP" when prompted

Date and Time: March 4 & 5, 11 (9:00am – 4:00pm)
March 12, 2010 (9:00am – 5:00pm)

Location: **Mendocino County Department of Agriculture**
890 North Bush St., (corner of Bush and Low Gap)
Ukiah, CA 95482

Additional Info: Lunch provided

LEADERS: It is highly recommended to have scheduled your first CDSMP workshop series prior to attending this funded training.

Questions? Contact Jackie Tompkins, (916) 552-9993, jacqueline.tompkins@cdph.ca.gov



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