



Help others take control of their health. Become a volunteer workshop leader and change lives!

If you're motivated to help older adults improve their health, become a certified leader for the Chronic Disease Self-Management Program. 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.*
- *No prior teaching or medical experience is required.*
- ***Volunteers must attend all four days of training and co-facilitate at least one six-week workshop series in the first year to become certified.***
- *After becoming certified, volunteers must co-facilitate at least one workshop series each year to maintain certification.*
- *Volunteers can request an honorarium and mileage reimbursement for workshops they co-facilitate.*

When and Where?

Register for our next **FREE** volunteer training!

June 3rd, 10th, 17th and 24th, 2024

(must attend all four Mondays)

Each Day: 9:00 am – 4:30 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

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