

Improving Health: *My Way*

Chronic Disease Self-Management Program

Be a Workshop Co-Leader!

We are looking for people with long-term health conditions who are motivated to help themselves and want to assist others to learn how to manage their health conditions (such as diabetes, arthritis, asthma, or high blood pressure). **TRAINING IS FREE!**

- No prior experience in health care is required
- No prior teaching experience is necessary
- You must attend four full days of training
- After successful completion of the training you will be certified to co-lead *Improving Health: My Way* workshops in your community
- Workshops are peer led for 2½ hours a week for 6 weeks

Next training session:

To find out more about this program please contact:
NL HealthLine 811 or 1-888-709-2929

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Your local self-management coordinator:

Eastern Health: 1-709-752-3946 or 1-866-880-8998

Central Health: 1-709-256-5690

Labrador-Grenfell Health: 1-709-454-3333 ext 7364

Western Health: 1-709-637-5000 ext 6689