



# Living Well with Chronic Conditions Become a leader!

## Chronic Disease Self-Management Leader Training

Chronic Disease Self Management (CDSMP) is an evidence-based program designed by Stanford University to help people with chronic conditions live a healthy, happier life. Clackamas County Social Services is seeking applicants to lead Living Well workshops within the CDSMP framework.

Leaders work in pairs and co-facilitate fun and interactive 2 -1/2-hour workshops, held each week for six weeks. Participants learn how to manage symptoms, set weekly goals, problem-solve effectively, improve communication, handle difficult emotions, eat well, discover ways to relax, manage medication and exercise safely. The minimum commitment for leaders is to co-lead one six-week session per 12 months.

Applications are required. Preference is given to those with chronic conditions. Training will include some homework and practice teaching with peers. Space is limited. Inquire or apply by calling us at 503-650-5777 or email [livingwell@clackamas.us](mailto:livingwell@clackamas.us) before **March 1, 2019**.

Sponsored by the Clackamas County Family Caregiver Support Program and Clackamas County Volunteer Connection. Training includes a Leader Manual. Refreshments provided. Lunch not provided.

### Free 4-day training

#### March 6 & 7

8:30 a.m. - 4:30 p.m.

Clackamas County  
Development Services Building  
Room 301

150 Beaver Creek Rd. Oregon City

#### March 13 & 14

8:30 a.m. - 4:30 p.m.

Clackamas County  
Public Services Building  
Room 369B

2051 Kaen Rd. Oregon City

*These buildings are next to  
each other on campus and  
are right off Beaver Creek Rd.*

Learn more at  
[clackamas.us/  
socialservices/  
volunteer.html](http://clackamas.us/socialservices/volunteer.html)

