



Living Well with Diabetes Become a leader!

Diabetes Self-Management Leader Cross-Training

Thursday, March 21, 2019

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

Clackamas County

Development Services Building, Room 401

150 Beavercreek Rd.

Oregon City, 97045

Clackamas County Social Services is providing a free cross-training for peer leaders already trained and certified in Chronic Disease Self-Management (CDSMP). Leaders will learn techniques to facilitate evidence-based workshops for diabetes self-management.

The Diabetes Self-Management program (DSMP) is an evidence-based program designed by Stanford University to help people with diabetes successfully manage their condition. This community-based program complements the diabetes education participants receive from providers, Certified Diabetes Educators, and Registered Dietitians. Using a peer-supported model over a six-week period, DSMP helps participants implement lifestyle changes to better manage their chronic condition and diabetes.

Space is limited. Register at 503-650-5777 or livingwell@clackamas.us by **March 1, 2019**. Sponsored by the Clackamas County Family Caregiver Support Program and Volunteer Connection. Training includes a Diabetes Leader manual. Bring your Living a Healthy Life with Chronic Conditions book. Refreshments provided. Lunch not provided.

