

Help yourself and others learn how to take control of your chronic illness rather than letting the illness control you!

- * How to work with your doctor
- * How to manage your symptoms
- * New ways of problem solving
- * How to set and achieve realistic goals
- * Communication skills
- * Stress reduction/Relaxation techniques



Living Healthy Peer Leader Training

You can be a Workshop Leader! We are looking for people who:

- are motivated to help themselves and others, and
- have a chronic condition (or help care for someone with a chronic condition) such as: arthritis, diabetes, heart disease, chronic pain, MS, cancer, depression, back problems, breathing problems, and others...

DATES: Wednesday, March 24

Friday, March 26

Wednesday, March 31

Thursday, April 1

9:00 am to 4:00 pm daily

No prior teaching experience is necessary!

Training held at the OCM BOCES McEvoy Campus, 1710 Route 13, Cortland

FREE!

Training includes: class materials, leader training manual, and lunch.
Participants must complete all four days to be certified as a peer leader.

**For more information or to register, please call
Seven Valleys Health Coalition at 607-756-4198**

Living Healthy is an evidence-based Chronic Disease Self-Management Program developed and licensed by Stanford University.

The program is offered as a collaborative effort by:



New York State
Department of Health



Seven Valleys
Health Coalition



Family Health Network
of Central New York



Public Health
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Cortland County Health Department