

# Tools for Better Health

## *Group Leader Trainings*

### Chronic Disease Self-Management Program

**October 26-27, & November 1-2, 2017 | Wichita, KS**

*Leaders must attend all four days of training to become certified*

### Diabetes Self-Management Program Cross-Training

**November 3, 2017 | Wichita, KS**

#### **Self-Management Education**

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The self-management education workshops series is offered 2.5 hours, once a week, for six weeks in locations that can include provider offices and community settings. Health consumers, their family members and/or caregivers attend the program together. Workshops are facilitated by two trained leaders, one or both of whom have a chronic condition. Sessions are highly participative, where mutual support and success builds participants confidence in their ability to manage their health and maintain active and fulfilling lives.

#### **Works With Existing Treatment Plans**

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The workshop series will **not** conflict with existing programs or treatment. It is designed to enhance regular treatment and disease-specific education. Many health consumers have more than one chronic condition and this program is especially helpful for these consumers, as it gives them the skills to coordinate all the things needed to manage their health and to keep them active in their lives.

#### **Program Development**

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This evidence based workshop is part of the Self-Management Programs developed by Stanford University's Division of Family & Community Medicine, School of Medicine. This group has over 30 years of experience behind the developing and evaluating programs tested for effectiveness. For more information on the evidence behind the program, visit [patienteducation.stanford.edu/programs](http://patienteducation.stanford.edu/programs).

#### **Get Involved**

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There are several ways you can promote self-management education in Kansas. Anyone can become certified through attending training for four days. You are supplied with everything needed to facilitate a workshop, including training, support, books, cd's, and workshop supplies at **no cost** to you. Become a partner by referring your clients/patients to self-management workshops. Assistance will be provided to streamline a referral process.

#### **For more information, contact:**

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[selfmanageks.org](http://selfmanageks.org)

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*A partnership for better health*