***Chronic Disease Self-Management Leader Training***

Sponsored by

Northwest Senior & Disability Services

NWSDS is proud to announce a FREE **leader training** in CDSMP, an SMRC Evidence-Based Self-Management Program originally developed at Stanford University. These classes will prepare individuals to facilitate evidence-based classes in **Chronic Disease Self-Management** and serves as the basic building block for other cross-trainings**.**

Date: Sept 30, Oct 1, Oct 7, and Oct. 8

Time: 8:30-4:00pm everyday

Place: Northwest Senior & Disability Services Annex

3414 Cherry Ave NE, Suite 190, Salem, OR 97309

For inquiries or questions about the application, please contact Master Trainer **Lavinia** at **office 503-304-3408** **or email: lavinia.goto@nwsds.org.**

Space is limited so don’t delay. Class offerings include the most current manuals and textbooks. Refreshments will be provided. Lunch is on your own.

APPLICATION for this class is attached. Applications can be scanned and sent to Lavinia via email at **lavinia.goto@nwsds.org** or faxed to **(503) 304-3465** **Attention: Lavinia Goto**