

Become a Leader at the

Leaders Training Course

Living Healthy with Chronic Conditions



Be a part of this life-changing Team!

Course Dates and Times:

September 5, 12, 19 & 26, 2014
9:00am- 4:00 pm

Allow time for registration on first day - 8:30am
Please bring a sack lunch

Place: Orange County Office on Aging

1300 S. Grand Ave, Bldg B, Santa Ana 92705
2nd Floor, Room A/B

Course Requirements:

- Attend all four training classes
- Be comfortable in front of a group
- Willing to follow a scripted curriculum
- Start at least one workshop series within 3 months of completing the course

To Register: Send Leader Application form via email officeonaging@ocgov.com or fax to (714) 567-5021.

Questions:

Call Judy Ogan 714-972-3747
or Erin Ulibarri 800-510-2020

Developed by Stanford University, this self-management program teaches people with chronic diseases how to manage their day-to-day treatment and maintain the activities of daily living.

The program was built on several assumptions:

- Many people have more than one chronic condition.
- People with multiple conditions have similar concerns and problems.
- People with a variety of illnesses not only deal with their diseases, but also the impact that their diseases have on their lives.

Program Includes:

- Goal-setting and problem solving
- Healthy eating and physical activity
- Working with a health care team
- Medication management
- Relaxation techniques
- Dealing with negative emotions

"Everything thing I learned will most definitely help me deal with things from this point on; you have made a big difference in my life – George 62



Advocacy. Action. Answers on Aging.

This Program is Supported by: Orange County Office on Aging & Adult Public Health Nursing Services
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