

## Leader Training Information

### Workshop Location:

REAL Services, Inc.  
1151 S. Michigan St.  
South Bend, IN 46616

### Workshop Dates / Times:

The workshop will be held on –  
Nov. 1&2, and Nov. 8&9, 2010  
9:00am – 4:00pm  
Register by: Oct. 18, 2010

### Workshop Leaders:

Leah Kelly Schrock and  
George Hawthorne will lead  
the training.

This training is made possible through a grant from the National Council on Aging  
in partnership and the Indiana FSSA Division on Aging.



Area 2 Agency on Aging

Place  
Stamp  
Here

REAL Services, Inc. / Area 2 Agency on Aging  
Health Education Program, Attn: Leah Kelly Schrock  
P.O. Box 1835  
1151 S. Michigan St.  
South Bend, IN 46634

## Become a CDSMP Workshop Leader

(Chronic Disease Self Management Program)

Training hosted by:

## REAL Services, Inc. Area 2 Agency on Aging



**Learn to Teach: a healthy  
way to manage chronic health  
conditions.**



## General Information

### The Purpose of the CDSMP:

To enable participants to build self-confidence to assume a major role in maintaining their health and managing their chronic health conditions. The CDSMP is an evidence-based health promotion program developed by Stanford University.

### CDSMP will not Conflict with Existing Programs or Treatment:

It is designed to enhance regular treatment, and give participants the skills to coordinate all of the things needed to manage their health and be active.

## Add'l Leader Information

### Topics Covered Include:

1) Differences between acute and chronic conditions; 2) using your mind to manage symptoms; 3) dealing with difficult emotions; 4) physical activity and exercise; 5) pain and fatigue management; 6) medication usage; 9) making informed treatment decisions; 10) communication skills; 12) practice teaching; 13) problem-solving; and 14) making an action plan

### Leaders will be:

Required to teach a minimum of two (2) workshops per year to keep their instructor status.

Workshops are 2.5 hours, once a week, for six (6) weeks.

## Registration Information

(Register with REAL Services, Inc.)

### Use this form to register:

Fax: (574) 284-2691

Email: REAL Services, Inc.  
Leah Kelly Schrock  
[lschrock@realservices.org](mailto:lschrock@realservices.org)

Phone: (574) 284-7132  
(800) 552-7928, ext 7132

Your Name: \_\_\_\_\_

Your Phone: \_\_\_\_\_

Your Address: \_\_\_\_\_

Your Email: \_\_\_\_\_

### This Training is **FREE**

Participants will receive a copy of the Living a Healthy Life with Chronic Conditions Leader's Manual, and the Living a Healthy Life with Chronic Conditions participant's handbook. There will be a fee for non-IN residents.