

PROGRAM LEADER TRAINING

Become a Program Leader for the
Chronic Conditions Self-Management Program
developed by Stanford University



You will learn how to facilitate the self-management program and train others to

- Managing symptoms
- Communicating with health care professionals
- Dealing with anger, fear, pain, frustration and depression
- Fighting fatigue
- Problem solving and goal setting
- Relaxation and stress management techniques

2008 Schedule

January 22, 23, 29 and 30th - April 22, 23, 29 and 30th - July 22, 23, 29 and 30th
and October 22, 23, 29 and 30th

(all four days of training are required)

9:00 am to 4:00 pm

\$750.00 Per Person

Medical Network One

4986 Adams Rd

Rochester MI 48306

To register call Jan Anderton 248-475-4718



MEDICAL NETWORK ONE
Michigan Institute For Health Enhancement