

# 2018 CHRONIC DISEASE & DIABETES SELF-MANAGEMENT LAY LEADER IN FIVE SESSIONS TRAINING



This training, presented by Senior Services of Southeastern Virginia, is free for participants who want to commit to leading a workshop within six to twelve months.

**6350 Center Drive  
Building 5, Room 115  
Norfolk, VA 23502  
9 a.m. - 4 p.m.**

**Chronic Disease Self-Management Dates:**

- Monday, Nov. 5
- Thursday, Nov. 15
- Monday, Nov. 19
- Thursday, Nov. 29

**Diabetes Self-Management Cross-Training Dates:**

- Tuesday, Dec. 4

*\* You must attend all dates listed for completion.*

Some materials are included, and you can bring snacks and a lunch. Space is limited to 15. Application deadline is Nov. 1.

Contact Mona Burwell, SSSEVA wellness coordinator, at [mburwell@ssseva.org](mailto:mburwell@ssseva.org)  
or (757) 963-9209 to register.