



Become
a Chronic Disease
& Diabetes
Management Leader

Teach Chronic Disease & Diabetes Self-Management workshops in five sessions

Training presented by Senior Services of Southeastern Virginia is free for participants who commit to leading a workshop within 6 months of training and another within 12 months.

6350 Center Drive, Rm. 115a
Norfolk, VA 23502
9 a.m.-4:30 p.m.

Chronic Disease Self-Management (CDSMP)

dates:

Thursday, Feb. 1

Friday, Feb. 2

Thursday, Feb. 8

Friday, Feb. 9

*You must attend all dates for CDSMP training completion.

Diabetes Self-Management (DSMP) Date:

Thursday, Feb. 15

*You must attend all CDSMP and DSMP dates for CDSMP/DSMP cross training.

All materials are included, and refreshments will be provided. Space is limited to 15. Application deadline is Jan. 25. Contact Mona Burwell, SSSEVA wellness coordinator, at mburwell@ssseva.org or 757-963-9209 to register.



THE CENTER FOR AGING



Live Well, Virginia!