

Better Choices, Better Health Peer Leader Training

Iowa's Chronic Disease Self-Management Program

The Iowa Department of Public Health is offering a *free* virtual Peer Leader Training for the Self-Management Resource Center's Chronic Disease Self-Management Program (CDSMP), referred to as "Better Choices, Better Health" in Iowa. Once trained, you are able to co-facilitate this program in person or virtually in your communities.

CDSMP helps adults of all ages and caregivers manage the symptoms of chronic diseases, such as heart disease, arthritis, diabetes, depression, asthma, bronchitis, emphysema, and any other physical or mental health conditions. This evidence-based program, developed by Stanford University, is held weekly for 2 ½ hours for six weeks in person or virtually. Two trained leaders facilitate workshops.

Workshop topics include:

- Techniques to deal with isolation, frustration, fatigue, and pain;
- Suitable exercises for maintaining and improving strength, flexibility, and endurance;
- Appropriate use of medications;
- Healthy eating and nutrition;
- Evaluating treatment options; and
- Creating action plans.

Peer leader training will take place **virtually** over the course of seven weeks (13 sessions). Training will be from **1:00pm-3:30pm** on each date listed below. You must attend all sessions.

Week 1: *Tuesday, September 21*

Week 2: *Tuesday, September 28 & Thursday, September 30*

Week 3: *Tuesday, October 5 & Thursday, October 7*

Week 4: *Tuesday, October 12 & Thursday, October 14*

Week 5: *Tuesday, October 19 & Thursday, October 21*

Week 6: *Tuesday, October 26 & Thursday, October 28*

Week 7: *Tuesday, November 2 & Thursday, November 4*

***To register for this free training or inquire about additional information, contact Ali Grossman at ali.grossman@idph.iowa.gov or 515-371-7768.**

Visit us at <https://idph.iowa.gov/BetterChoicesBetterHealth>

