



Ready to empower others? Become a Healthy Living Workshop Leader!

“HEALTHY LIVING” WORKSHOP LEADER TRAINING

Help people manage chronic conditions and improve their quality of life!

You'll be trained to lead:

- Chronic Disease Self-Management Program: teaches strategies to manage physical and emotional symptoms.
- Diabetes Self-Management Program: focuses on techniques for managing diabetes.

What do you need to be a leader?

- Comfortable speaking in front of a group
- Willing to follow a scripted curriculum
- Committed to leading at least one workshop series within a year of completing the training



**REGISTER BY
AUGUST 5, 2026!**



August 11 - October 1, 2026*
Tuesdays & Thursdays

*Must attend all 16 classes



9 AM - 11:45 AM



Online via Zoom*

*Please allow 15 minutes to login



More Information:
bit.ly/HealthyLivingTraining

Register/Questions:

(714) 480-6451 or
Frank.Hernandez@occr.ocgov.com

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