



# CHRONIC DISEASE SELF-MANAGEMENT TRAINING

BECOME A PEER LEADER FOR THIS  
NATIONALLY RECOGNIZED PROGRAM!  
LEARN HOW TO GUIDE PEOPLE TO SELF-  
MANAGE THEIR HEALTH ISSUES TO LEAD  
A HEALTHIER LIFE!

*This training is FREE to attend and will take place via Zoom.*

*You must attend all classes to achieve  
Peer Leader certification.*

MONDAY	THURSDAY
ALL SESSIONS 12:30 pm – 3:00 pm	MARCH 24 <sup>TH</sup>
MARCH 28 <sup>TH</sup>	MARCH 31 <sup>ST</sup>
APRIL 4 <sup>TH</sup>	APRIL 7 <sup>TH</sup>
APRIL 11 <sup>TH</sup>	APRIL 14 <sup>TH</sup>
APRIL 18 <sup>TH</sup>	APRIL 21 <sup>ST</sup>
APRIL 26 <sup>TH</sup>	APRIL 28 <sup>TH</sup>
MAY 3 <sup>RD</sup>	MAY 5 <sup>TH</sup>

FOR MORE INFORMATION AND/OR TO REGISTER PLEASE CONTACT ROB WEAVER:  
E: [Robert.weaver@waynecap.org](mailto:Robert.weaver@waynecap.org) T: (315) 333-4155 x3318

*Provided by Wayne County Action Program, Inc. in cooperation with the  
Self-Management Resource Center*