

# PATH (Personal Action Toward Health) Leader and Cross-Over Diabetes Training

Provided by Practice Transformation Institute

**Leader Training**  
Every Friday for 4 consecutive weeks  
February 3, 2012 - February 24, 2012  
9am - 4pm

**Leader Training**  
Every Friday for 4 consecutive weeks  
June 1, 2012 - June 22, 2012  
9am - 4pm

**Leader Training**  
Every Friday for 4 consecutive weeks  
August 3, 2012 - August 24, 2012  
9am - 4pm

**Cross-Over Diabetes Training**  
Monday and Tuesday  
January 30, 2012 - January 31, 2012  
9am - 4pm

**Cross-Over Diabetes Training**  
Monday and Tuesday  
May 29, 2012 - May 30, 2012  
9am - 4pm

## Where:

Physician Training Center  
26550 John R  
Madison Heights, MI 48071

## Cost:

\$500 per workshop  
Lunch is on your own

## Chronic Disease Self Management Leader Training

This 4-day training will certify you to become a Program Leader for the Chronic Conditions Self-Management Program developed by Stanford University. Learn how to facilitate the self-management program and train others to: manage symptoms, communicate with health care professionals, deal with anger, fear, pain, frustration and depression, fight fatigue, problem solve and set weekly action plans.

## Cross-Over Diabetes Training

This 2-day training will certify Chronic Disease Self-Management Leaders to facilitate self-management workshops specific to diabetes. Topics include: What is Diabetes?, Formula for a Healthy Eating Plan, Preventing Low Blood Sugar, Planning Low Fat Meals, Dealing with Stress, Reading Nutrition Labels, Making Action Plans, Problem Solving, Strategies for Sick Days and Foot Care.

## Prerequisite: For Cross-Over Diabetes Training, completion of Chronic Disease Self Management Leader Training

\*In order to become certified in the Diabetes Self-Management Cross-over Training, you or your organization must obtain a license from Stanford University prior to the training. See website for details: <http://patienteducation.stanford.edu/licensing/>

## Chronic Disease Self-Management Master Training

Please contact Jan Anderton at [janderton@transformcoach.org](mailto:janderton@transformcoach.org) or Maria Chisholm at [mchisholm@transformcoach.org](mailto:mchisholm@transformcoach.org) to learn about this training opportunity.

*Practice Transformation Institute provides standard and customized corporate training on a wide range of quality-related topics. We can bring these "off the shelf" seminars to you quickly.*

## To register:

Contact Jan Anderton at 248-475-4718 or [janderton@transformcoach.org](mailto:janderton@transformcoach.org)