

## Evidence Based Health Promotion Training Opportunities

CMCOA will be offering the following training opportunities:

**Matter of Balance** is an evidence based workshop conducted over eight sessions, meeting weekly or twice weekly for two hours per session emphasizing practical coping strategies to reduce the fear of falling. These include:

- Promoting a view of falls and fear of falling as controllable
- Setting realistic goals for increasing activity
- Changing the environment to reduce fall risk factors
- Promoting exercise to increase strength and balance

**2 day Leader training for A Matter of Balance will be:**

**July 28 and 29, 2010 9am to 4pm Red Cross Building Rm. 123, St. Cloud MN**

**The Healthy Eating for Successful Living®** workshop is for people who want to learn more about nutrition and how lifestyle changes can promote better health. The program stresses heart and bone healthy nutrition strategies that are important to preventing or managing most chronic health conditions and help maintain or improve wellness and independence. Classes meet for 2.5 hours once a week for 6 weeks.

**2 day Leader training for Healthy Eating for Successful Living will be:**

**August 2 and 3, 2010 9am to 4:30 pm Red Cross Building Rm. 123, St. Cloud MN**

**Living Well with Chronic Conditions (Chronic Disease Self-Management Program CDSMP)** is an evidence based workshop conducted over six sessions, meeting weekly for 2.5 hours per session. The workshop is designed to enable participants to build self-confidence to assume a major role maintaining their health and managing their chronic health conditions. Participants are adults experiencing chronic health conditions such as hypertension, arthritis, heart disease, stroke, lung disease, and diabetes; their family members, friends and caregivers can also participate. The program provides information and teaches practical skills on managing chronic health problems. Stanford University researchers found that participants had increased exercise, decreased disability, better symptom management, better communication with their physicians, and fewer physician visits/hospitalizations.

**4 day Leader training for CDSMP will be:**

**August 9, 10, 16, 17, 2010 9am to 4pm Red Cross Building Rm. 123, St. Cloud MN**

All trainings are offered at **no cost** to potential leaders. Lunch and snacks are included.

All of the above workshops **require 2 certified trained leaders**. **Potential leaders must attend all required training in order to be certified.** CMCOA encourages organizations to train multiple leaders.

If you would like more information or to register please contact:

Mary Hertel ([mary.hertel@cmcoa.org](mailto:mary.hertel@cmcoa.org)) or Jon Knopik ([jon.knopik@cmcoa.org](mailto:jon.knopik@cmcoa.org)) or call 320-253-9349