

## Registration Form

NAME: \_\_\_\_\_

AGENCY: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_, NJ

ZIP: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_

FAX: \_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_

E-MAIL: \_\_\_\_\_

To register, call, e-mail information or complete this form and mail or fax to:

Mail: Cumberland County  
Health Department  
Attn: **Health Education**  
309 Buck Street  
Millville, NJ 08332

Call: (856) 327-7602 ext.1105

Fax: (856) 327-6273

E-mail: [bburke@cshealth.org](mailto:bburke@cshealth.org)



### **PLEASE NOTE: limited seating**

Confirmation of registration to training and directions to training site will be mailed to you.

*Cumberland County  
Health Department  
309 Buck Street  
Millville, NJ 08332  
(856) 327-7602*

*Salem County Health Department  
98 Market Street  
Salem, NJ 08079  
(856) 935-7510*

*[www.cshealth.org](http://www.cshealth.org)*



*Take Control of  
Your Health*

**FREE 4-DAY  
Peer Leader Training for  
Chronic Disease  
Self-Management  
Program**

**Monday, Aug. 2, 2010 to  
Thursday, Aug. 5, 2010**

Luciano Conference Center  
Cumberland County College  
Vineland, NJ 08361

Breakfast & Lunch Provided  
No CEUs Provided

## Take Control of Your Health is:

Stanford University's Chronic Disease Self-Management Program is recognized worldwide as a cost effective evidence-based health promotion program for people with chronic illness and caregivers.

Take Control of Your Health is a free six-week 2-1/2 hour program offered at community locations that teaches the skills needed in the day-to-day management of chronic conditions. The program is taught by trained peer leaders. It is not a 'sit and listen' type of course, but is highly interactive with lots of opportunity for discussion and group problem-solving.

Participants learn healthier ways to live, and gain confidence and motivation to manage their health and maintain active, fulfilling lives such as:

**How to manage symptoms**

**How to communicate effectively with your doctor**

**How to lessen frustration**

**How to fight fatigue**

**How to make tasks easier**

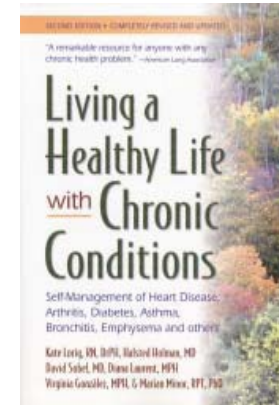
**How to get more out of life!**

## Peer Leader Training Information:

Individuals interested in becoming a Peer Leader must attend all 4 TAKE CONTROL OF YOUR HEALTH training days to be certified as Stanford University Chronic Disease Self-Management Peer Leader. Peer Leaders will receive a Leader's Manual and the *Living a Healthy Life with Chronic Conditions* book.

Peer leaders can be individuals who have chronic conditions or caregivers for people with chronic conditions. You do not need to be a health professional or have prior group facilitation experience to deliver the course.

As a peer leader, you will deliver the course using a Leaders' Manual. Peer leaders share information and provide self-management strategies and tools that people living with chronic health conditions need to help themselves.



***Peer leaders who attend the training are required to deliver two courses in the year following the training. Since the courses are taught in teams, if you are affiliated with an agency, two to three individuals per agency should plan to attend the training.***

