

BECOME A TRAINER FOR THE HEALTHY LIVING COURSE



Learn To Teach A Health-Management Workshop
for people with Chronic Conditions

Based on Stanford University's Chronic Disease Self-Management Program

FREE Eight-Week Class: June 3 – July 15

✚ Tuesday & Thursday: 9:30 - 12:00
✚ Online Zoom Meetings

Space is limited – Register Today!

For more info or to register, please contact

(707) 412-3176 x102

info@mendonomahealth.org

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