



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 TH
MARCH 28 TH	MARCH 31 ST
APRIL 4 TH	APRIL 7 TH
APRIL 11 TH	APRIL 14 TH
APRIL 18 TH	APRIL 21 ST
APRIL 26 TH	APRIL 28 TH
MAY 3 RD	MAY 5 TH

FOR MORE INFORMATION AND/OR TO REGISTER PLEASE CONTACT ROB WEAVER:
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*Provided by Wayne County Action Program, Inc. in cooperation with the
Self-Management Resource Center*