

# the *healthy* living Center of Excellence



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Harvard Medical School



Evidence - Based Programs

Training Schedule 2015

Group Leader Trainings

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Stanford Web-Based Trainings

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# Group Leader Trainings

## Chronic Disease Self-Management Program: (4 - Day Training)

- **Date:** June 18, 19, 25, & 26, 2015 - **CLOSED TRAINING**  
**Time:** 8:30 am - 4:00 pm  
**Location:** Manet Community Health Center, North Quincy, MA  
**Contact:** Donna Forand, E: [dforand@oldcolonyelderservices.org](mailto:dforand@oldcolonyelderservices.org) or Ph: 508-584-1561 ext. 237

## Chronic Pain Self-Management Program - Update: (1 - Day Training)

- **Date:** September 30, 2015  
**Time:** 9:00 am - 4:00 pm  
**Location:** Old Colony Elder Services, Brockton, MA  
**Contact:** Patricia Live, E: [plivie@oldcolonyelderservices.org](mailto:plivie@oldcolonyelderservices.org) or Ph. 508-584-1561 ext. 373

## Chronic Pain Self-Management Crossover Program: (2 - Day Training)

**Requirements:** Need to be an active Group Leader in My Life, My Health: Chronic Disease Self-Management

- **Date:** September 16 & 17, 2015  
**Time:** 9:00 am - 4:00 pm  
**Location:** Old Colony Elder Services, Brockton, MA  
**Contact:** Donna Forand, E: [dforand@oldcolonyelderservices.org](mailto:dforand@oldcolonyelderservices.org) or Ph: 508-584-1561 ext. 237

## Matter of Balance Program: (1 or 2 Day Training(s))

- **Date:** July 22 & 23, 2015  
**Time:** 8:30 – 1:30 PM  
**Location:** Greater Lynn Senior Services, Lynn MA  
**Contact:** Kelsey Spotts, E: [kspotts@glss.net](mailto:kspotts@glss.net) or Ph. 781-586-8530
  
- **Date:** July 30 & 31, 2015  
**Time:** TBD  
**Location:** Berkshire South Regional Community Center, Great Barrington, MA  
**Contact:** Lesley Kayan, E: [lkayan@fchcc.org](mailto:lkayan@fchcc.org) or Ph. 413-773-5555 ext.2297
  
- **Date:** October 7 & 8, 2015  
**Time:** 9:00 am - 4:00 pm  
**Location:** Old Colony Elder Services, Brockton, MA  
**Contact:** Donna Forand, E: [dforand@oldcolonyelderservices.org](mailto:dforand@oldcolonyelderservices.org) or Ph: 508-584-1561 ext. 237

## Healthy Eating for Successful Living in Older Adults: (3 - Part Webinar Series)

**Requirements:** Need to be an active and experienced leader.

- **Date:** September 30, October 7 & 14, 2015  
**Time:** 11:00 – 12:30 PM  
**Location:** Webinar  
**Contact:** Amanda Aprea, E: [AmandaAprea@hsl.harvard.edu](mailto:AmandaAprea@hsl.harvard.edu) or Ph. 617-363-8702  
**Registration Fee:** \$250.00

# Master Trainings

- No Master Trainings are scheduled at the present time.

# Stanford Web-Based Trainings

## For Active Master Trainers Only:

**Please note:** A registration fee by Stanford's Patient Education Research Center is required. For more information, please visit either of Stanford's websites; <http://patienteducation.stanford.edu/updates/training/> (for recertification training) or <http://patienteducation.stanford.edu/training/> (for crossover trainings).

## Web-based Cross Trainings

### Diabetes Self-Management

February 10, 2015\*\*

May 11, 2015\*\*

July 22, 2015\*\*

October 20, 2015\*\*

### Cancer Thriving and Surviving

January 20, 2015\*\*

March 10, 2015\*\*

June 24, 2015\*\*

### Tomando Control de su Salud

January 28, 2015\*\*

### Programa de Manejo Personal de la Diabetes

February 19, 2015\*\*

### Positive Self-Management (HIV)

Updated PSMP to be released in Spring 2015

\*\*Tentative based on limited enrollment