

# the *healthy* living Center of Excellence



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## Evidence - Based Programs Training Schedule 2015 & 2016

### Group Leader Trainings

(Pages 2-3)

### Master Trainings

(Pages 4)

### Stanford Web-Based Trainings

(Page 5-6)

# Group Leader Trainings

## Chronic Pain Self-Management Program - Update: (1.5 - Day Training)

- **Date:** December 08 & 09, 2015  
**Time:** 9:00 am - 4:00 pm (day 1) & 9:00am - 1:00 pm (day 2)  
**Location:** Old Colony Elder Services, Brockton, MA  
**Contact:** Donna-Marie Forand, E: [dforand@ocesma.org](mailto:dforand@ocesma.org) or Ph: 508-584-1561 ext. 237

## 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:** December 10 & 11, 2015  
**Time:** 9:00 am - 4:00 pm  
**Location:** Old Colony Elder Services, Brockton, MA  
**Contact:** Donna-Marie Forand, E: [dforand@ocesma.org](mailto:dforand@ocesma.org) or Ph: 508-584-1561 ext. 237

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

- **Date:** December 02 & 03, 2015  
**Time:** 9:00 am - 3:00 pm  
**Location:** Old Colony Elder Services, Brockton, MA  
**Contact:** Patricia Livie, E: [plivie@ocesma.org](mailto:plivie@ocesma.org) or Ph. 508-584-1561 ext. 373
- **Date:** December 08 & 09, 2015  
**Time:** 10:00 am - 3:00 pm  
**Location:** BayPath Elder Services, Marlborough, MA 01752  
**Contact:** Silvia D Bodie, E: [sbodie@baypath.org](mailto:sbodie@baypath.org) or Ph: 508-988-5756
- **Date:** January 22, 2016  
**Time:** 8:30 – 4:30 PM  
**Location:** Elder Services of the Cape Cod & the Islands  
**Contact:** Gina Kupski, E: [healthylivingcapecod@gmail.com](mailto:healthylivingcapecod@gmail.com) or Ph.508-957-7620

## Healthy Eating for Successful Living in Older Adults Program: Group Leader Training (2-Day Training)

- **Date:** December 17 & 18, 2015  
**Time:** 9:00 – 4:00 PM  
**Location:** Old Colony Elder Services, Brockton, MA  
**Contact:** Amanda Aprea, E: [AmandaAprea@hsl.harvard.edu](mailto:AmandaAprea@hsl.harvard.edu) or Ph. 617-363-8702
  
- **Date:** January 11 & 12, 2016  
**Time:** 9:00 – 4:00 PM  
**Location:** Elder Services of the Merrimack Valley, Lawrence, MA  
**Contact:** Amanda Aprea, E: [AmandaAprea@hsl.harvard.edu](mailto:AmandaAprea@hsl.harvard.edu) or Ph. 617-363-8702

## Fit for Your Life: Group Leader Training (2-Day Training)

- **Date:** June 03 & 04, 2016 (FYI. Friday & Saturday)  
**Time:** 8:00 – 4:00 PM  
**Location:** Hebrew SeniorLife, Boston MA  
**Contact:** Evelyn O’Neill, E: [oneill@hsl.harvard.edu](mailto:oneill@hsl.harvard.edu) or Ph. 617-363-8284

# 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).

### **Chronic Disease Self-Management Trainings at Stanford**

~~Nov 16-20, 2015 FULL~~  
March 14-18, 2016  
May 23-27, 2016  
June 27 – July 1, 2016  
September 12–16, 2016  
November 14–18, 2016

\* = tentative, based on venue confirmation and minimum enrollment  
[CDSMP Training registration](#)

### **Web-based Cross Trainings**

#### **Diabetes Self-Management**

February 3, 2016\*  
April 4, 2016\*  
July 19, 2016\*  
September 21, 2016\*

#### **Chronic Pain Self-Management**

February 9, 2016\*  
May 18 2016\*  
August 15, 2016\*

#### **Cancer: Thriving and Surviving**

March 30, 2016\*  
August 30, 2016\*

#### **Tomando Control de su Salud**

January 26, 2016\*  
June 1, 2016\*  
September 22, 2016\*

**Programa de Manejo Personal de la Diabetes**

February 24, 2016\*

October 6, 2016\*

**Positive Self-Management (HIV)** See Update Training dates for concurrent PSMP cross-training below

\* = tentative, based on minimum enrollment

**Web-based**

**Positive/HIV 2016 Update Trainings**

January 27, 2016\*

February 26, 2016\*

June 6, 2016\*

October 7, 2016\*