



HEALTHY LINKS  
IOWA

*Put Life Back into Your Life*

**Do you or someone you care for *struggle* to manage: diabetes, arthritis, asthma, high blood pressure, heart or lung disease, pain, depression or other on-going health conditions?**

***IOWA HEALTHY LINKS WORKSHOPS CAN HELP...  
and YOU can be a Workshop Leader!***

- We are looking for people who are motivated to help themselves and to assist others to manage chronic health conditions.
- No prior teaching experience is necessary.
- Training provided at no cost-Requirement to teach 2 workshop series within one year.
- Healthy light breakfast and lunch provided.

**When:** June 14, 15, 21, 22, 2010 \*

**Where:** Polk County Senior Services  
1914 Carpenter Avenue  
Des Moines, IA 50314

**Time:** 9:00 a.m.-4:00 p.m.

**Registration Deadline:** June 1, 2010



\*Leaders must plan to attend and complete a four day workshop leader training for the Chronic Disease Self-Management Program (CDSMP) under a license from Stanford University.

If you'd like to become a Workshop Leader and to register for the Leader Training Workshop, contact Jessica Sheets at 515-323-5234 or email [jessica.sheets@polkcountyiowa.gov](mailto:jessica.sheets@polkcountyiowa.gov)



For the Chronic Disease Self-Management Leader  
Training Application and Agenda please visit  
[www.polkcountyiowa.gov/health](http://www.polkcountyiowa.gov/health)

Sponsored by:  
Polk County Health Department  
1907 Carpenter Avenue  
Des Moines, IA 50314