

# Tomando Control Colorado™

(Un programa para personas con enfermedades crónicas.)

Leader Training

## Clase Para Hacerse Instructor Nuevo

Nov. 4 - 7, 2009

Sterling, Colorado

**\$650**

Hosted by Southeastern Colorado Area Health Education Center (SECAHEC), COAW's Region 2 Coordinating Agency

For information and registration contact:

Pam Allen  
Academy Coordinator  
Consortium for Older Adult Wellness  
2575 S. Wadsworth Blvd.  
Lakewood, CO 80227  
720-331-2371, 888-900-COAW  
pam@COAW.org

The class will be held at:

The Ramada Inn  
I-76 and E. Highway 6  
Sterling, CO 80751  
(970) 522-2625



Taught in Spanish, this Stanford University class trains leaders to teach chronic disease self management to a Spanish-speaking audience. You must be fluent in Spanish for this class. Participants in *Tomando Control Colorado* (TCC™) will become certified instructors and be able to teach this class in their communities. These community classes are all highly participatory: mutual support and success build the participants' confidence in their ability to manage their health and maintain active, fulfilling lives. Our Quick Start Session (time TBA) will give attendees the marketing and logistics information needed to implement these community classes. This is a four-day class with 32 hours instruction, manual, book and CD.

