



SAVE THE DATE!

Wednesday, October 20, 2010

- WHAT:** **Living a Healthy Life Technical Assistance Conference** (funded by the American Recovery & Reinvestment Act (ARRA) Communities Putting Prevention to Work grant)
- WHERE:** **Tukwila Community Center, 12424 42nd Avenue South, Tukwila, WA**
- WHEN:** **8:00 a.m. to 4:00 p.m. on Wednesday, October 20, 2010**
- WHO:** Master Trainers and Lay Leaders of Living Well* and Tomando® workshops; current and future Partners of Chronic Disease Self Management Programs (CDSMP); ARRA Grant Partners; Neighboring states that offer CDSMP; Academic and Research Institutions; and others interested in CDSMP
- Topics:** State of the State Report on Health Promotion and Disease Prevention; Establishing Innovative Relationships; Marketing & Recruiting Living Well Participants; Working with Greater Cultural Competence; Recruiting and Retaining Workshop Leaders; Sustainability Planning; and Quality Assurance

Registration begins Wednesday, September 1, 2010. There is no registration fee; box lunch provided. To register, go to <http://www.peopleware.net/2697> . If you do not have access to a computer to register, please telephone Maureen Lally at 360-725-2449 to have a registration form mailed to you.

Awards Nominations: We want to recognize outstanding master trainers and lay leaders as well as community partners, program coordinators and Living Well Champions. Please go to the Living Well website at <http://livingwell.doh.wa.gov> for further details on how to nominate a deserving individual.

*Living Well with Chronic Conditions is a nationally recognized evidence-based workshop developed by Stanford University. It is one of several Chronic Disease Self-Management Programs.

® The Spanish adaptation of Living a Healthy Life with Chronic Conditions.