

FOR MORE INFORMATION, CONTACT:

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**FOR IMMEDIATE RELEASE**

12/06/2021

**You Could Change Someone’s Life!**

**Become a Certified Coach to Help People Manage Their Chronic Conditions**

*Register to attend this virtual evidence-based training*

*with the Area Agency on Aging for SWFL*

**Southwest, FL (December 6, 2021)—** The Area Agency on Aging for SWFL is seeking individuals who are interested in leading “Living Healthy” workshops – a program to help people manage their chronic conditions. Training and certification are provided at no cost with a commitment to lead Living Healthy workshops for the Area Agency on Aging for SWFL. You could change someone’s life by helping them to take charge of their health!

Starting in late January 2022, the Area Agency on Aging for Southwest Florida (AAASWFL), will offer a free, virtual seven-week *Chronic Disease Self-Management Training Program (CDSMP)*. This training series begins January 27th and continues to March 10th, every Tuesday and Thursday from 2:30pm to 5:00pm on Zoom.

The *CDSMP* is an evidence-based program designed to help older adults and adults with disabilities to make a step-by-step plan for improving their health and their lives. Research has found that people who complete the *CDSMP* feel healthier and have a better quality of life after completing the program. They report fewer sick days and increase their ability to manage symptoms like pain, stress, breathing problems, and sleep issues. Participants also develop a support network of others who live with ongoing health conditions.

**Space is limited and advance registration is required**. To register, contact Sarah Gualco, AAASWFL’s Health & Wellness Coordinator at [sarah.gualco@aaaswfl.org](mailto:sarah.gualco@aaaswfl.org) or by calling 239-652-6914.

**Funding for the *Chronic Disease Self-Management Program* is provided by a grant from the US Administration for Community Living through the Florida Department of Elder Affairs.**

**The Area Agency on Aging for Southwest Florida is a nonprofit organization that has served Charlotte, Collier, DeSoto, Glades, Hendry, Lee, and Sarasota Counties for more than 40 years. The organization is committed to connecting older adults (ages 60 and over) and people with disabilities to resources and assistance for living safely with independence and dignity. AAASWFL is the state’s designated Aging and Disability Resource Center for Southwest Florida.**

**More information is available by visiting the AAASWFL website (**[www.aaaswfl.org](http://www.aaaswfl.org)**) or by calling the Elder Helpline: (866) 413-5337.**

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**Helpline:** 1-866-413-5337

Charlotte I Collier I DeSoto I Glades I Hendry I Lee I Sarasota

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