

Better Choices Better Health



When:

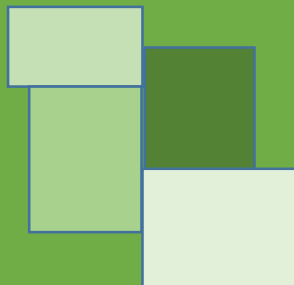
Thursday,
July 8, 2021

Where:

Remote via
Zoom

Time:

9:00-
12:30pm



Worksite CDSMP Cross Training (For trained CDSMP leaders only)

- Offer CDSMP worksite training to staff in organizations
- Lead workshops twice a week for 6 weeks for 1 hour

Subjects Taught

- Techniques to help balance work and home life
- Techniques to deal with problems such as frustration, fatigue, pain and isolation
- Communicating effectively with family, friends, and health professionals
- And more!

Registration

To register, please email Brianna Ferraro at bferraro@snhahec.org. Space is limited.