



Application information to become trained and certified as a

DSMP Lay Leader Cross-Training for BCBH®SD

PRE-QUALIFICATION: You must be attending the CDSMP Lay Leader Training on April 11, 12, 18, 19 OR be a certified BCBH® SD Lay Leader in a program other than DSMP

Friday, April 20th 2018

**SDSU Extension Regional Center
13 Second Ave. SE; Aberdeen, SD 57401**

CLICK [HERE](#) TO APPLY ONLINE

or visit www.BetterChoicesBetterHealthSD.org

*BCBH® Diabetes is a diabetes self-management program designed to help adults with pre-diabetes or type-2 diabetes **gain confidence** and **learn skills** to better **manage** their own health, stay active, and **TAKE CHARGE!***

YOU CAN MAKE A DIFFERENCE!

- You will enhance your health and the health of your community as you share the gift of self-management with others.
- You don't need any previous teaching or healthcare experience, but you must plan to attend **the full day (9:00am – 5:00pm)** in order to be certified.
- Registration is **FREE**. All materials, handouts, and supplies are included, along with lunch/refreshments during your training.
- After completing the 1-day cross training you will be able to co-lead the six week BCBH workshop in your community.

Don't miss a chance to be a part of this life-changing program!

DEADLINE TO APPLY – March 30th, 2018

1-888-484-3800 | www.betterchoicesbetterhealthsd.org

THANK YOU for your interest in becoming a DSMP Lay Leader for BCBH® SD!

Lori Oster, BCBH Program Coordinator

Megan Jacobson, BCBH Program Associate

Denise Kolba, BCBH Program Support Specialist, Diabetes – East River

Vicki Palmreuter, BCBH Program Support Specialist, Diabetes – West River