



## ► WHAT IS HEALTHY U?

Healthy U is Wyoming's version of the chronic disease self-management program (CDSMP), a renowned, evidence-based health program created at Stanford University. Healthy U is coordinated by the Wyoming Center on Aging (WyCOA) at the University of Wyoming and delivered in partnership with the Wyoming Department of Health's Aging and Public Health Divisions. Over the course of six 2.5-hour workshops, Healthy U participants learn valuable skills that help them play a more active and productive role in the management of their health. In addition to CDSMP, which addresses any kind of chronic health condition, there are also versions of Healthy U for people who have chronic pain or type 2 diabetes.

## ► WHY OFFER HEALTHY U IN MY COMMUNITY?

Numerous studies have shown that people who participate in Healthy U show a significant improvement in exercise habits, symptom management, communication with physicians, general health, health distress, fatigue, disability, and activities limitations. They spend fewer days in the hospital and require fewer outpatient visits and hospitalizations. Healthy U is free for anyone to attend and a great tool to help people in your community deal with chronic health issues.

## ► WHAT IS THE ROLE OF A HEALTHY U LEADER?

A Healthy U Leader is someone certified to organize and lead Healthy U workshops in their community. Leaders work in pairs when delivering a workshop and each receive a \$300 stipend per workshop series they deliver. Leaders must deliver one workshop series each year to remain certified and to continue to be a part of the Healthy U program.

## ► WHO CAN BECOME A LEADER?

Anyone who is interested in leading Healthy U workshops in Wyoming can become a Leader. It requires no prior training or accreditation. Public health workers, senior center staff, local volunteers, patient educators, community leaders, and wellness advocates all make great Leaders.

## ► HOW DO I BECOME A LEADER?

Those interested in becoming Leaders must be trained by certified Master Trainers. Leader training is four days long and runs from 9AM to 4:30PM each day. Because Healthy U requires that each workshop be led by two Leaders, it is best to send at least two people from each community to a Leader training.

## ► WHAT COSTS ARE INVOLVED?

All Healthy U workshops are fully funded and supported by WyCOA and its partners. For those attending a Leader training, WyCOA will reimburse all travel, hotel, and daily expenses. Training is entirely free of charge.

# HEALTHY U LEADER TRAINING APRIL 30 - MAY 3, 2019 IN LANDER, WYOMING

For details or to register, contact Dominick Duhamel at [dduhamel@uwo.edu](mailto:dduhamel@uwo.edu) or (307) 766-2765.

