



► WHAT IS HEALTHY U?

Healthy U is the Wyoming implementation of Stanford University's renowned, evidence-based chronic disease self-management program (CDSMP). The program is coordinated at the state level by the Wyoming Center on Aging (WyCOA) at the University of Wyoming and delivered in partnership with the Wyoming Department of Health Aging Division and Public Health Division. Over the course of six 2.5-hour workshops, participants learn valuable skills that enable them to play a more active and productive role in the management of their own health.

► WHY OFFER HEALTHY U IN MY COMMUNITY?

Those who participate in the Healthy U program show a significant improvement in exercise habits, cognitive symptom management, communication with physicians, general health, health distress, fatigue, disability, and social/role activities limitations. They spend fewer days in the hospital and tend toward fewer outpatient visits and hospitalizations. These outcomes are the findings of numerous randomized controlled trials conducted worldwide.

► WHAT IS THE ROLE OF A HEALTHY U LEADER?

A Leader is someone certified to organize and facilitate Healthy U workshops in their community. Leaders work in pairs when facilitating a workshop and each receive a \$300 stipend per workshop they co-facilitate. Leaders must facilitate one workshop each year to remain certified and to continue to be a part of the Healthy U program. Additionally, Healthy U Leaders may cross-train to deliver versions of the program targeted toward those with diabetes or chronic pain.

► 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, patient educators, community leaders, wellness advocates, and volunteers 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, 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 Leader training, WyCOA will reimburse all travel, hotel, and daily expenses. Training is entirely free of charge.

HEALTHY U LEADER TRAINING

NOVEMBER 5 - 8 IN CASPER, WYOMING

For details or to register, contact Dominick Duhamel at dduhamel@uwoyo.edu or (307) 766-2765.

