

the  
*healthy* living  
Center of Excellence



*Formerly Elder Services of the Merrimack Valley North Shore*

## **Evidence - Based Programs**

## **Training Schedule 2022**

**Group Leader Trainings**

**Master Trainings**

**SMRC In-Person/Web-Based Trainings**

# Group Leader Trainings

## **Healthy IDEAS Training**

January 5 & 6, 2022 9am-12:30pm

Remote via zoom

Registration deadline **12/23/21**

To register please contact Melissa Donegan at [mdonegan@esmv.org](mailto:mdonegan@esmv.org)

## **Disease Self-Management Program**

January 24-28, 2022 (all days are required)

In person at Greater Lynn Senior Services 280 Union St Lynn, MA

Cost: \$200

To register for the training please contact Jousette Anaya at [janaya@glss.net](mailto:janaya@glss.net) or call 978-398-9115

## **A Matter of Balance**

February 2 & 3, 2022 (both days are required)

In person at Greater Lynn Senior Services 280 Union St Lynn, MA

Cost: \$100

To register for the training please contact Jousette Anaya at [janaya@glss.net](mailto:janaya@glss.net) or call 978-398-9115

# Master Trainings

None scheduled at this time.

## SMRC In-Person/ Web-Based Trainings:

If you have people you would like to receive this training, please have them register on our website at the following link: [SMRC - SMRC \(selfmanagementresource.com\)](https://www.selfmanagementresource.com). Scroll down that screen and click on the box labeled CROSS. Each trainee must register themselves.