



Better Choices Better Health
Ke Ola Pono



Diabetes Self Management Program Trainer Training

Cancer Thriving & Surviving Training Cross-Training

Aging and Disability Resource Center
1055 Kino'ole St #101, Hilo, HI 96720

**DIABETES SELF MANAGEMENT PROGRAM (DSMP)
TRAINER TRAINING DATE**

SUNDAY **THURSDAY**
March 29 TO **April 02**
2020 **2020**

**CANCER THRIVING & SURVIVING (CTS)
TRAINING CROSS-TRAINING DATE**

FRIDAY **SATURDAY**
April 03 TO **April 04**
2020 **2020**

TRAINING FEE

HAP Partners (Free)
Non-HAP Partners
(DSMP \$500/person)
(CTS \$200/person)

DESCRIPTION

Training can hold up to 17 people. Preferences will be given to active HAP Partners.

TO BECOME A CTS MASTER TRAINER

Participant must attend both DSMP MT and CTS MT cross-training.

CONTACT

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for more info, visit hawaiihealthyaging.org

SUPPORTED BY HAWAII HEALTHY AGING PARTNERS

