

Want to Help Your Community?

We want you to become a peer educator!

Anyone can become a peer educator; you do not need to be a health care professional. Training is free and provides you with the opportunity to empower others. If you or your staff are interested in becoming a Diabetes self-management education (DSME) peer educator, please contact us.



Overview—what you need to know:

Candidates for the DSME peer educator training are:

People who:

Want to give back to their community



Enjoy connecting with people



Are interested in improving health of others



People who are willing to:

Read and learn the curriculum of Diabetes Empowerment Education Program (DEEP)

Hold a conversation in a group

Stand for a small period of time during the workshop

Other details:

- Peer educator training takes place over two eight-hour days.
- Peer educator training is free.
- The trainee is provided the curriculum and receives training about the facilitation of the workshop.
- Training dates will be announced soon.

Location _____

Date _____

Location _____

Date _____

Location _____

Date _____



The Lake Superior Quality Innovation Network represents Michigan, Minnesota and Wisconsin. | www.lsqin.org | [@LakeSuperiorQIN](https://twitter.com/LakeSuperiorQIN)

This material was prepared by the Lake Superior Quality Innovation Network, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The materials do not necessarily reflect CMS policy. 11SOW-WI-B2-17-12 062617 | Some icons courtesy of www.flaticon.com, licensed by Creative Commons BY 3.0.

What Does a Workshop Look Like?

About



Diabetes self-management education (DSME) is a free program that helps people with diabetes take better care of their health.

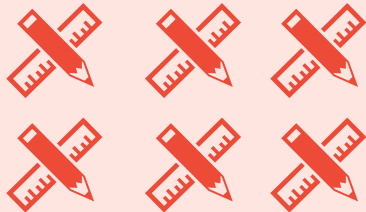
DSME teaches participants how to live healthier in a fun, non-threatening community-based environment. DSME does not conflict with other programs or treatment and participants are referred to their physicians for all medical questions.

Diabetes Self-Management Education

Class Breakdown



One class =



Six sessions



Two hours each



One day a week for six weeks

Curriculum



Subjects covered include:



Techniques to deal with the symptoms of chronic disease, fatigue, pain, depression and stress



Appropriate exercise for maintaining and improving strength and endurance



Healthy eating



Appropriate use of medication



Making action plans



Working effectively with health care providers



Problem Solving

To host a class, become a peer trainer, or learn more...

Please contact Mary Funseth at mfunseth@metastar.com or 800-362-2320.

