

# Centralina

## HEALTH SOLUTIONS

### 2019 Training Schedule

#### July 2019 Training

**Tomando Control de su Salud**

**Lay Leader Training**

*(You MUST be able to speak and read Spanish fluently)*

**July 18, 19, 25, and 26, 2019\***

9am—4pm daily

\*Training will be held at ~ Concord Community Free Clinic, 528 Lake Concord Rd, NE, Concord, NC

#### August 2019 Training

**A Matter of Balance**

**Coach Training**

**August 1 and 2, 2019**

9am—4pm daily

#### September 2019 Training

**Building Better Caregivers**

**Lay Leader Cross-Training**

*(You MUST be a certified Living Healthy Leader to participate in 2-day Cross-Training)*

**September 19 and 20, 2019**

9am—4pm daily

#### October 2019 Training

**Living Healthy with Chronic Pain**

**Lay Leader Training**

**October 3, 4, 10 and 11, 2019**

9am—4pm daily

#### November 2019 Training

**Living Healthy with Diabetes**

**Lay Leader Training**

**November 7, 8, 14 and 15, 2019**

9am—4pm daily

Click [HERE](#) to register:

For more information, contact Angel Vanover at 980-521-3935 or [astoy@centralina.org](mailto:astoy@centralina.org).

Visit our website at [www.centralinaaging.org](http://www.centralinaaging.org)

**Fee** ~ Volunteers ~ no charge for trainings, if teaching in Centralina's region (Anson, Cabarrus, Gaston, Iredell, Lincoln, Mecklenburg, Rowan, Stanly, and Union counties). Leaders associated with professional organizations ~ no charge for trainings however, will be charged cost of training if a workshop is not conducted within 12 months of certification.

There is a \$300 charge for 4-day trainings and a \$150 charge for 2-day trainings for those attendees outside Centralina's nine county region.

**Location** ~ All training are held at Centralina AAA, 9815 David Taylor Drive, Suite 100, Charlotte, NC