

# Course Leader Training in The Stanford Model

‘Moving Towards Wellness’  
and  
‘Living Improvements for Everyone’

Sponsored by:  
The Australian Better Health Initiative -  
Country Health SA

‘Moving Towards Wellness’ is a course that assists people living with long term health conditions to better manage their health and improve their quality of life. ‘Living Improvements for Everyone’ is a culturally appropriate adaptation of the course for Aboriginal people.

Course leader training is for anyone wanting to learn how to run Stanford Model groups for their local health service. Community members are encouraged to become involved.

Dates: Moving Towards Wellness (4 days):  
Tuesday - Wednesday : 11 - 12 May 2010

Living Improvements for Everyone (1 day):  
Thursday 13 May 2010  
Pre-requisite: Moving Towards Wellness

Time: 8.45am registration, 9am -4.30pm daily

Where: To be advised

Cost: No cost to CHSA staff and volunteers  
Lunch and refreshments are supplied

***Registration is essential. Eligibility requirements apply***

For a registration form or more information please contact:

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