

Free Training Opportunity: Become A Lifestyle Coach

A Lifestyle Coach for the National Diabetes Prevention Program (NDPP) provides support and guidance to participants seeking to make lifestyle changes over the course of this year-long program to reduce their risk of developing type 2 diabetes.

This two-day highly interactive training assists trainees to develop and refine the facilitation skills needed for effective delivery of the lifestyle change program and to work with diverse groups of participants.

NDPP Lifestyle Coaches:

- ✓ Strong interpersonal and communication skills that promote empathy and unconditional positive regard for each participant.
- ✓ Create a motivating, friendly and non-competitive environment:
- ✓ Build strong relationships with individuals and build community within a group.
- ✓ Foster relationships with and amongst participants.
- ✓ Positively reinforce behavior change efforts in a non-judgmental way.



Date: **Wednesday, June 13 & Thursday, June 14, 2018**

Time: 9:00 am – 5:00 pm

Place: Rockland County Department of Health
Robert L. Yeager Health Complex
50 Sanatorium Road, Bldg. A, 7th floor
Pomona, NY 10970

Cost: **FREE** (Breakfast & Lunch provided both days)



Specific eligibility requirements apply.
For more information, call
Alana L. Boutelle 845-364-2651

