

# The Congregational Health Leadership Program

## Training Opportunity

The Congregational Health Leadership program empowers lay leaders in diverse communities of faith to address pressing chronic disease issues, with a special focus on diabetes.

The evidence-based curriculum was created by a multi-sector, stakeholder-driven work group under Cities Changing Diabetes - Houston and the Institute for Spirituality and Health at the Texas Medical Center.

This program focuses on diabetes prevention, early detection, treatment, and self-management, based on a curriculum designed for lay-leaders from communities of faith in greater Houston.

Please see the reverse side of this flier for training details.

If your congregation would like to participate, please contact Courtney Frost-Tadlock, NAM's Community Relations Coordinator at 281-885-4604 or by email at [cfrost@namonline.org](mailto:cfrost@namonline.org)

The Congregational Health Leadership Training takes place over seven weeks, and includes five full-day group-learning seminars along with homework assignments and two final projects. The training features approximately 40 hours of class-time, where participants will engage with experts in their respective fields, engage in collaborative, experiential learning, discuss the issues most pressing to them, and vision the future of their respective health and wellness initiatives.

We have the ability to support two cohorts during this training - a Friday cohort and a Saturday cohort. Depending on which cohort you choose, you will either begin on Friday, January 19th, or Saturday, January 20th. The complete dates of the training are listed below:

Friday Cohort - 8:00am-5:00pm  
January 19th; February 2nd, 9th, 16th; March 2nd

Saturday Cohort - 8:00am-5:00pm  
January 20th; February 3rd, 10th, 17th; March 3rd

The training will be held at:

Institute for Spirituality and Health  
8100 Greenbriar, #220  
Houston, TX 77054

Parking is free.

Trainees are expected to apply in teams of two or more, and should be members of the same faith community.

The cost to participate is \$100 per trainee.

Once training is completed, conference calls, group check-ins, and project updates will occur at regular intervals.

**APPLICATION DEADLINE: DECEMBER 31st**