

Leader Training Schedule 2021

The list of leader trainings that are currently available. We will make every effort to keep these trainings available, but we may need to adjust the schedule as circumstances change. More trainings will be added as they become available.

Welcome! And thank you for your interest in becoming a healthy aging program leader. We are committed to both training and supporting leaders, so count on us to be available to answer questions and provide technical assistance before, during, and after your training.

If you have questions about becoming a WIHA leader please contact one of our Program Lead:

Living Well with Chronic Conditions, Healthy Living with Diabetes and

Healthy Living with Chronic Pain - Jill Renken, jill.renken@wihealthyaging.org

Stepping On & Mind Over Matter - Shannon Myers, Shannon.Myers@wihealthyaging.org

Walk With Ease - Jill Renken, jill.renken@wihealthyaging.org

Physical Activity for Lifelong Success – Erin Eggert, Erin.Eggert@wihealthyaging.org

Powerful Tools for Caregivers – Judy Rank, PTC@wihealthyaging.org

Please check back often. Additional programs, dates and details will be added as we get them confirmed.

JANUARY

LIVING WELL WITH CHRONIC CONDITIONS ONLINE

January 20th to March 3rd

This leader training will be held **online** every Monday and Wednesday of each week
9:00 am to 11:30

Session Zero – Wednesday, January 20th

Master Trainers: Jill Renken & Jennifer Lefeber

Post-training group call: To be determined

FEBRUARY

POWERFUL TOOLS FOR CAREGIVERS ONLINE

February 15, 16, 17, 18 & 19

This leader training will be held **online** every day during the week

9:00 am to noon

Master Trainers: Judy Rank & Lisa Hurely

Post-training group call: To be determined

MARCH

HEALTHY LIVING WITH DIABETES CROSS TRAINING* ONLINE

March 9th & 11th

This leader training will be held **online** Tuesday & Thursday

9:00 am to noon

Master Trainers: Jill Renken & TBD

Post-training group call: To be determined

*You must be a trained leader in Living Well or Healthy Living with Chronic Pain

HEALTHY LIVING WITH CHRONIC PAIN CROSS TRAINING* ONLINE

March 15, 16, 17 & 18

This leader training will be held **online** Monday, Tuesday, Wednesday & Thursday

9:00 am to 11:30 am

Master Trainers: Jill Renken & Laura Armstrong

Post-training group call: To be determined

*You must be a trained leader in Living Well or Healthy Living with Diabetes

APRIL

HEALTHY LIVING WITH CHRONIC PAIN ONLINE

April 5th through May 19th

This leader training will be held **online** every Monday and Wednesday each week starting on April 12th

9:00 am to 11:30 am

Session Zero – Monday, April 5th

Master Trainers: Jill Renken & Laura Armstrong

Post-training group call: To be determined

MIND OVER MATTER ONLINE

April 22nd and 23rd 2021

Tentative: This leader training will meet both days from 8:30 am to 2:30 pm

Master Trainers: Shannon Myers & Amanda Kutcher

Post-training group call: Tuesday, June 22nd 1:00-2:30 pm

MAY

STEPPING ON – IN PERSON ~ CANCELED

May 6th, 7th & 8th

Location: ADRC of Portage County at Lincoln Center
1519 Water Street, Stevens Point, WI 54481

*Subject to change due to Covid19 Restrictions

Master Trainers: Shannon Myers & Jodi Onley

Post-training group call: Thursday, July 8th 2:30-4:00 pm

STEPPING ON - ONLINE

May 12th & 13th, 19th & 20th

This leader training will meet online all four days listed, 8:00am – 3:00pm

Master Trainers: Shannon Myers & Nancy Krueger

Post-training group call: Tuesday, July 13th 2:30-4:00 pm

JUNE

MIND OVER MATTER - IN PERSON - CANCELED

June 24th & 25th

Location: United Way Hartford Resource Center
1121 E Sumner St, Hartford, WI 53027

*Subject to change due to Covid19 Restrictions

Master Trainers: Shannon Myers & Amanda Kutcher

Post-training group call: Tuesday, August 24th 2:30-4:00 pm

JULY

HEALTHY LIVING WITH DIABETES – ONLINE – CANCELLED

July 26th – September 2nd

This leader training will meet online every Monday and Thursday, 9:00 am – 11:30 am

Session 0 will take place – Thursday, July 22, 9:00 am – 11:00 am

Master Trainers: Laura Armstrong & Laura Steiner

Post-training group call: To be determined

STEPPING ON - IN PERSON - CANCELLED

July 26th, 27th & 28th, 2021

Location: Holiday Inn Pewaukee-Milwaukee West
N14 W24140 Tower Pl, Pewaukee, WI, 53072

*Subject to change due to Covid19 Restrictions

Master Trainers: Jennifer Lefebber & Shannon Myers

Post-training group call: TBA

AUGUST

MIND OVER MATTER – VIRTUAL

August 4th and 5th, 2021

Location: ONLINE

Master Trainers: Shannon Myers & Nancy Krueger

STAND UP AND MOVE MORE

August 11th & 12th, 2021

Location: ONLINE

Master Trainer: Erin Eggert

PHYSICAL ACTIVITY FOR LIFELONG SUCCESS – IN PERSON - CANCELLED

August 17th & 18th, 2021

Location: Community Living Alliance

1414 Mac Arthur Rd, Madison, WI 53714

Master Trainer: Erin Eggert

SEPTEMBER

STEPPING ON – VIRTUAL – CLOSED (At Capacity)

September 1st, 2nd, 8th & 9th, 2021

Master Trainers: Jennifer Lefebber & Shannon Myers

Post-training group call: TBA

LIVING WELL WITH CHRONIC CONDITIONS – ONLINE – CLOSED (At Capacity)

September 8th through October 20th, 2021

This leader training will be held **online** every Monday and Wednesday each week starting on September 13th 9:00 am to 11:30 am

Session 0 – September 8th, 2021

Master Trainers: Jennifer Clark & Peggy Kurth

Post-training group call: To be determined

CDSME REFRESHER – IN PERSON

September 16th, 2021

Location: Aging and Disability Resource Center of Central Wisconsin – Wausau
2600 Stewart Ave, Suite 25, Wausau, WI 54401

Master Trainer: Jill Renken

Post-training group call: TBD

STAND UP AND MOVE MORE

September 14 & 15, 2021

Location: ONLINE

Master Trainer: Erin Eggert

STEPPING ON - IN PERSON - CANCELLED

September 16th, 17th & 18th, 2021

Location: Aging and Disability Resource Center of Oneida County

100 W. Keenan St, Rhinelander, WI 54501

*Subject to change due to COVID-19 restrictions

Master Trainers: Jodi Olney & Shannon Myers

Post-training group call: TBD

VIVIR SALUDABLE CON DIABETES – IN PERSON

September 23rd, 24th, 30th & October 1st, 2021

Location: Aging and Disability Resource Center of Rock County

1717 Center Ave, South Entrance Conference Room F1007, Janesville, WI 53546

Master Trainers: Saul Aguilar Juarez & Martha Viscuso

*Subject to change due to COVID-19 restrictions

Post-training group call: TBD

OCTOBER

POWERFUL TOOLS FOR CAREGIVERS - ONLINE

October 25th-29th

9:00 AM – 12:00 PM

Master Trainers: Judy Rank & Val Lecey

Post-training group call: TBD

NOVEMBER

STEPPING ON FACILITATOR TRAINING

November 3, 4, 10, & 11, 2022 (VIRTUAL) 8:30am to 4:00pm CST all 4 days

Master Trainers: Shannon Myers & Jennifer Lefeber

****Training Notes:** Trained Facilitators can select to deliver workshops in-person only or virtual and in-person. Those selecting virtual and in-person must provide dates on application of their first virtual workshop that starts within 90 days of the training and a valid co-facilitator.

Post Training Session: Tuesday, January 11, 2023 9:00am-10:30am CST

Please remember these are dates for trainings that are currently available. Additional trainings for the remainder of the year, including PALS and Tai Chi Prime, will be added as they become available. All dates and times are subject to change.