

# Leader Training Schedule 2021

**The list of leader trainings below is for the first half of 2021. We will make every effort to keep these trainings available, but we may need to adjust the schedule as circumstances change.**

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](mailto:jill.renken@wihealthyaging.org)

Stepping On & Mind Over Matter - Shannon Myers, [Shannon.Myers@wihealthyaging.org](mailto:Shannon.Myers@wihealthyaging.org)

Walk With Ease - Jill Renken, [jill.renken@wihealthyaging.org](mailto:jill.renken@wihealthyaging.org)

Physical Activity for Lifelong Success – Erin Eggert, [Erin.Eggert@wihealthyaging.org](mailto:Erin.Eggert@wihealthyaging.org)

Powerful Tools for Caregivers – Judy Rank, [PTC@wihealthyaging.org](mailto:PTC@wihealthyaging.org)

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

Fees and Applications will be available in October.

## JANUARY

### LIVING WELL WITH CHRONIC CONDITIONS ONLINE

**January 20<sup>th</sup> to March 3<sup>rd</sup>**

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

Session Zero – Wednesday, January 20<sup>th</sup>

**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 9<sup>th</sup> & 11<sup>th</sup>**

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 5<sup>th</sup> through May 12<sup>th</sup>**

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

### HEALTHY LIVING WITH DIABETES ONLINE

**April 6<sup>th</sup> through May 13<sup>th</sup>**

This leader training will meet **online** every Tuesday and Thursday each week starting on April 13th

9:00 am to 11:30 am

Session Zero – Tuesday, April 6th

**Master Trainers:** Jill Renken & TBD

**Post-training group call:** To be determined

## **MIND OVER MATTER ONLINE**

**April 22<sup>nd</sup> and 23<sup>rd</sup> 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 22<sup>nd</sup> 1:00-2:30 pm

## **MAY**

### **STEPPING ON – IN PERSON**

**May 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup>**

**Marathon/Portage County**

**Exact location and time to be determined**

**Master Trainers:** Shannon Myers & Jodi Onley

**Post-training group call:** Thursday, July 8<sup>th</sup> 2:30-4:00 pm

### **STEPPING ON ONLINE**

**May 12<sup>th</sup> & 13<sup>th</sup>, 19<sup>th</sup> & 20<sup>th</sup>**

This leader training will meet online all four days listed, exact hours to be determined

**Master Trainers:** Shannon Myers & Nancy Krueger

**Post-training group call:** Tuesday, July 13<sup>th</sup> 2:30-4:00 pm

## **JUNE**

### **MIND OVER MATTER IN PERSON**

**June 24<sup>th</sup> & 25<sup>th</sup>**

**Milwaukee/Waukesha/Washington County**

**Exact location and time to be determined**

**Master Trainers:** Shannon Myers & Amanda Kutcher

**Post-training group call:** Tuesday, August 24<sup>th</sup> 2:30-4:00 pm

### **POWERFUL TOOLS FOR CAREGIVERS ONLINE**

**Dates to be determined**

This leader training will meet online every day for 3 hours during the week

9:00 am to noon

**Master Trainers:** Judy Rank & Val Lecey

**Post-training group call:** To be determined

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