

## WIHA Program Requirements for Leaders/Facilitators

	Program	Leader/Facilitator Program Requirements	Participant #s			# Workshops Required to maintain Active Status
			In-Person	Virtual	Other	
CDSME Suite	<b>Healthy Living with Chronic Pain</b>	2 Trained Leaders  *1 Trained Leader for Toolkit/Telephone version	Min: 8 Max: 16	Min: 8 Max: 12	Toolkit/Telephone Min: 3 Max: 5	Leader must lead at least 1 CDSME suite program per 12-month period.  Leader must lead a workshop for each program they're trained in at least once in a 2-year timeframe.
	<b>Healthy Living with Diabetes</b>					
	<b>Vivir Saludable con Diabetes</b>					
	<b>Living Well with Chronic Conditions</b>					
	<b>Tomando Control de su Salud</b>					
	<b>Mind Over Matter</b>	1 Trained Facilitator (Requires Tech person for virtual)	Min: 6 Max: 14	Min: 6 Max: 10	N/A	1 workshop per 12-month period.
	<b>Physical Activity for Lifelong Success</b>	1 Trained Leader	Min: 6 Max: 12	N/A	N/A	1 workshop per 12-month period.
	<b>Powerful Tools for Caregivers</b>	2 Trained Leaders	Min: 8 Max: 15	Min: 8 Max: 12	N/A	1 workshop per 2 years to remain Active.
	<b>Stand Up for Your Health</b>	1 Trained Facilitator	Min: 6 Max: 15	Min: 6 Max: 12	N/A	1 workshop per 12-month period.
	<b>Stepping On</b>	2 Trained Facilitators or 1 Trained Facilitator & 1 Peer Facilitator	Min: 8 Max: 14	Min: 6 Max: 10	N/A	1 workshop per 12-month period.
	<b>Walk With Ease</b>	1 Trained Facilitator	No min but encourage >6  Max: 15	N/A	Self-Directed: 1  Self-Directed Enhanced: Any Size	1 workshop per 12-month period.