

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	Healthy Living with Chronic Pain	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.
	Healthy Living with Diabetes					
	Vivir Saludable con Diabetes					
	Living Well with Chronic Conditions					
	Tomando Control de su Salud					
	Mind Over Matter	1 Trained Facilitator (Requires Tech person for virtual)	Min: 8 Max: 14	Min: 6 Max: 10	N/A	1 workshop per 12-month period.
	Physical Activity for Lifelong Success	1 Trained Leader	Min: 6 Max: 12	N/A	N/A	1 workshop per 12-month period.
	Powerful Tools for Caregivers	2 Trained Leaders	Min: 8 Max: 15	Min: 8 Max: 12	N/A	1 workshop per 2 years to remain Active.
	Stand Up for Your Health	1 Trained Facilitator	Min: 6 Max: 15	Min: 6 Max: 12	N/A	1 workshop per 12-month period.
	Stepping On	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.
	Walk With Ease	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.