



Virtual PATH Leader Training

Chronic Disease Self-Management Program (Free & Online)

2026 Training Dates:

Session 0 on 1/7 then bi-weekly sessions meet: 1/14, 1/16, 1/21, 1/23, 1/28, 1/30, 2/4, 2/6, 2/11, 2/13, 2/25 & 2/27 (13 sessions) **You must attend all the sessions to successfully complete the PATH leader training!**

Days & Time:

Wednesdays & Fridays
1:00 to 3:30 p.m. ET

Online via Zoom

NO COST TO ATTEND!

Space is limited to 12 participants & pre-registration is required!

Questions? Please contact-

Christi Demitz
demitzch@msu.edu or call
231-592-9498

Registration Deadline:

December 19th, 2025

To Register:

bit.ly/42eJ0fs



PATH Training Leaders:

Naomi Hyso Georgina Guzmán
hysonaom@msu.edu gguzman@msu.edu



Become a trained “Virtual Chronic Disease PATH (Personal Action Toward Health)” leader!

Are you a bilingual adult living with a chronic condition—or caring for someone who is? Join us and help others take control of their health while strengthening your own skills and confidence!

As a PATH Leader, you’ll:

- ✓ Help others in managing chronic health conditions
- ✓ Receive ongoing support from MSUE PATH leaders
- ✓ Co-facilitate fun & interactive online workshops

Requirements:

- Fluent in both English and Spanish (speak, read, and write).
- Comfortable with co-leading virtual groups of 8-12 people.
- Volunteers must also pass a background check.
- Facilitate at least one online PATH workshop within 1 year of training completion.

Bonus for Bilingual Leaders:

After completing the virtual PATH training, you can enroll in a free 3-hour online cross-training in *Tomando Control de su Salud*, the Spanish version of the PATH program being held on *Wednesday, March 11th, 2026 from 1-4 p.m.*

Funding supported by an Administration for Community Living grant from the US Department of Health and Human Services.

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FREE Tomando Control de Su Salud Cross-Training Opportunity!



Become a trained Tomando Control de Su Salud leader (Spanish version of the Chronic Disease Self-Management Program CDSMP)

MSU Extension is offering a free cross-training for *Tomando Control de Su Salud*. If you are already trained in CDSMP and you can speak, read and write in Spanish, this opportunity is designed for you.

Cross-trainings require participants to spend time on the training website to review materials—including manuals and videos—and to complete assignments and a test prior to the webinar.

Training Date: Wednesday, March, 11th, 2026
Time: 1:00 – 4:00 PM ET
Location: Online (Virtual Training)

Registration is required. Registration deadline is Wednesday, March 4th, 2026.

Funding supported by Administration for Community Living grant from the US Department of Health and Human Services.

For more information or to register contact:

Contact: Christi Demitz

demitzch@msu.edu

231-592-9498

Trainers: Georgina Guzmán

gguzman@msu.edu

Naomi Hyso

hysonaom@msu.edu

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