

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: Thursday, October, 30, 2025
Time: 9:00 AM – 12:00 PM ET
Location: Online (Virtual Training)

Registration is required. Registration deadline is Thursday, October 23, 2025.

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

For more information or to register contact:

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