

Project Dulce

Peer Educator Training Program and Diabetes Prevention Program Lifestyle Coach Training

Peer Educator Training Program

Monday - Wednesday, October 28 – 30

Covers basic concepts in diabetes management, including nutrition, blood sugar monitoring, physical activity, preventive care, stress management and medications. Participants will learn to use the ADA-recognized curriculum, Diabetes Among Friends, to facilitate skill building among adults with diabetes, with a focus on low-literacy populations. Creative and engaging techniques are demonstrated. Opportunities for practice and feedback are included.

Project Dulce is an evidence-based diabetes education and support program. It has been recognized by CMS and the American Diabetes Association as a one of 3 successful methods of engaging underserved and diverse populations in self-management. The model uses paraprofessionals to facilitate skill building and support. Training programs are offered to prepare paraprofessionals to be successful educators.

Diabetes Prevention Program Lifestyle Coach Training

Thursday – Friday, Oct. 31-Nov. 1

This interactive 1-1/2 day training provides tools, knowledge and techniques to successfully deliver the nationally recognized Diabetes Prevention Program. Included is detailed information on the DPP and learning modules comprising the program, motivational techniques for working with adults to change health behaviors, specifically weight loss and physical activity, and the nuts and bolts of implementing a DPP program.



Scripps Whittier Diabetes Institute

Location:

Scripps Whittier Diabetes Institute
10140 Campus Point Drive
Suite 100, Rooms #113 and #115
San Diego, CA 92121

*CEU contact hours are available for
the Project Dulce Training Program*



Registration Fees:

Project Dulce Peer Educator
Training Program*, 3 days: \$750

Diabetes Prevention Program
Lifestyle Coach, 1-1/2 days \$350
(*application required*)

**scholarship applications are available*

To register or for more information,
go to www.scripps.org/projectdulce and
submit the contact us form; or email us at
ScrippsDiabetesCare@scrippshealth.org;
or call (858) 678-7049

Payment by check or credit card.

Early Bird Registration (10% discount if registration received before October 21)

*Cancellation and Refund Policy: Fee is refundable minus \$25 processing fee if
cancellation received in writing no later than October 23. No refunds or credits for 'no
shows' or late cancellations*

Intended Audience:

Health educators and program coordinators interested in implement Project Dulce.

Health educators and paraprofessionals, interested in becoming diabetes peer educators.

Individuals associated with a recognized DPP program interested in becoming a certified DPP lifestyle coach.

Faculty:

Cathy Moller, RN/CDE
Cindy Daversa, RD/CDE
Monica Ruiz, DPP trainer
Efren Aguilar, Project Dulce health educator

Program Directors:

Athena Philis-Tsimikas, MD,
endocrinologist
Chris Walker, MPH,
administrator