



Put Life Back in Your Life! Consider a KOHP Workshop!

The Kansas Optimizing Health Program (KOHP) is a six-week program developed by Stanford University that will help individuals set goals, develop a plan and track progress toward improving their health - one step at a time. You can become a leader and teach this six-week program in your community!



Rewards of being a KOHP Leader:

- help others learn to take control of a chronic disease and improve their quality of life,
- provide a valuable educational program in the community
- form new and lasting relationships.

Organizations and/or individuals interested in offering this 6-week program are invited to attend the 4-day training.

**March 3, 4, 10, 11
Olathe, Kansas**

You must attend all four days to complete the training.

Classes are limited to the first 25 registrants!

Register: To register for the leader training or for more information contact:
Ariel Capes, 785-296-1627, ACapes@kdheks.gov

Registration Deadline: February 21, 2014

The class is **FREE** and KDHE will provide materials necessary to complete training.