

Missouri Arthritis & Osteoporosis Program
EVIDENCE-BASED PROGRAM LEADER TRAININGS
2008-2009

MARK YOUR CALENDARS!

Arthritis Foundation Self Help Leader Trainings:

Northwest Region: Contact Debbie Braby
April 14-15, 2009; 8:00-5:00

Central Region: Contact Amber Phelps
March 2009

Kansas City Area: Contact Orvie Prewitt
March 13-14, 2009; 9-5 both days
AF Office, 1900 W. 75th Street
Prarie Village, KS

Southeast Region: Contact Marilyn Duncan
February 23-24, 2009

Southwest Region: Contact Margaret Lindsey
February 23-24, 2009; Springfield @ St. John's Health Center

Northeast Region: Contact Doris Fountain or Celia Hagan
June 2009

Eastern Region: Contact Karen Samsel
January 23-24, 2009

Arthritis Foundation Exercise Leader Trainings:

Northwest Region: *Contact Debbie Braby*

December 5, 2008; 8:00-5:00

May 1, 2009; 8:00-5:00

Central Region: *Contact Amber Phelps*

Kansas City Area: *Contact Orvie Prewitt*

February 21, 2009; 8-5pm; Location TBA

May 2009

Southeast Region: *Contact Marilyn Duncan*

March 2, 2009

Southwest Region: *Contact Margaret Lindsey*

April 24, 2009

October 9, 2009

Northeast Region: *Contact Doris Fountain or Celia Hagan*

January 31, 2009, Kirksville

Eastern Region: *Contact Karen Samsel*

March 2009

Chronic Disease Self Management Program Leader Trainings:

Northwest Region: *Contact Debbie Braby*

Central Region: *Contact Amber Phelps*

Kansas City Area: *Contact Orvie Prewitt*

March 7, 14, 21, 28, 2009 @ Saint Luke's Hospital Kansas City 9:00-4:00 each day
May 29-30 & June 5-6, 2009 @ Saint Luke's East in Lees Summit 9:00-4:00 each day
January 8, 2009 (Every Thursday for six weeks) 12:30-3:00 @ Good Samaritan Center in
Excelsior Springs; 108 S. Thompson; RSVP to Mary Staley @ 816-595-4240

Southeast Region: *Contact Marilyn Duncan*

April 6-7 & 13-14, 2009

Southwest Region: *Contact Margaret Lindsey*

June 2-5, 2009

August 31-September 3, 2009

Northeast Region: *Contact Doris Fountain or Celia Hagan*

April 8-9 and 15-16, 2009

Eastern Region: *Contact Karen Samsel*

December 2-5, 2008

EnhanceFitness Leader Training:

State wide training to be held in Columbia during the month of March 2009. Please contact Beth Richards, MAOP Director (573-884-1220; or richardsjo@missouri.edu) or your RAC Coordinator should you be interested in attending.

Regional Arthritis Center Contacts:

Northwest Region: Contact Debbie Braby at 800-443-8858 or debbieb@mail.heartland-health.com

Central Region: Contact Amber Phelps at 573-882-8097 or phelpsam@missouri.edu

Kansas City Area: Contact Orvie Prewitt at 816-932-2351 or oprewitt@saint-lukes.org

Southeast Region: Contact Marilyn Duncan at 888-216-3293 or semorac@sfmc.org

Southwest Region: Contact Margaret Lindsey at 800-835-5197 or mlindsey@sprg.mercy.net

Northeast Region: Contact Doris Fountain at 866-626-2878 or dfountain@atsu.edu

Eastern Region: Contact Karen Samsel at 800-406-2941 or ksamsel@arthritis.org