



## **Microclinic International Facilitator Zoom Training**

**September 24<sup>th</sup> and 25<sup>th</sup> OR**

**September 28<sup>th</sup> and 29<sup>th</sup> ~ 9AM – 4PM**

The U of L Trager Institute, Kentucky Coalition for Healthy Communities and Microclinics International are searching for a limited number of community members and partners in promoting health. Join us in becoming facilitators of the widely successful “Microclinic program.”

Results from previous classes:

- Participants Lost Weight
- Participants Increased Their Physical Activity
- Participants Made Positive Changes to Their Eating Habits (Most reported eating more fruits and vegetables)
- Participants Reported Increased Ability to Manage Current Diagnosis
- Participants Believed They Could Prevent/Delay Chronic Diseases with Better Healthy Behaviors
- Many Participants Were Able to Reduce Medications!
- Many Participants Reported Better Lab Value

### **What is the commitment of a facilitator?**

As a facilitator, you will make a commitment to a 2-day zoom training. Once trained you will organize and co-lead classes in your community via zoom during COVID. Classes run continually for one year, meeting once a week for 10 weeks, followed by once a month to meet for a year. There will be a monthly meeting running through Trager Institute, if you want to refer your participants.

Become A Trained Microclinic Facilitator: Submit your application by Sept 19, 2020

Mona Huff 502-706-0098 | [rjhuff01@louisville.edu](mailto:rjhuff01@louisville.edu)

Darla Handy 270-528-6716 | [darla.handy@louisville.edu](mailto:darla.handy@louisville.edu)