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Stanford Youth Diabetes Coaches Program

High School Name, Fall 2022

**What is the Stanford Youth Diabetes Coaches Program?**

Stanford Family Medicine Doctors will use a curriculum to teach you how to coach someone with diabetes *or* someone who wants to get healthier (team member) and help them live a healthier life. Your team member does NOT have to have diabetes for you to participate, they just need to want to live healthier. You are responsible for finding a person to coach either in person or by phone. You will attend 8 classes to learn about diabetes and how to coach someone with diabetes. After each session, you will work with your team member on a coaching assignment.

**When will the course take place?**

Classes will begin on Tuesday, March 1 from 3:45-4:45 PM in S200. We will meet every Tuesday afternoon for 8 weeks. Meeting dates:

March 1

March 8

March 15

March 22

March 29

April 5

April 12

April 19

**What will I get out of the course?**

After completing this course, you will have a good understanding of diabetes and how to help someone with diabetes and other chronic diseases. You will learn important medical information that can help people set goals and stay healthy or achieve optimal health for them. You will also learn about the importance of mindset in a healthy lifestyle. This training will help you support friends and family members with diabetes or other chronic illnesses, and it is a great introduction to the medical field.

**How do I sign up?**

Contact the high school teacher sponsoring this course. Only the first 30 students to register will be able to attend.

**Questions**

Please email the high school teacher sponsoring this course if you have any questions about this course.

***Please note that you need to substitute your school’s information in the highlighted areas. It is important to be very specific about when the classes will occur. Ideally, classes will be 24-26 students. However, plan to recruit more than that as there likely will be some attrition.***