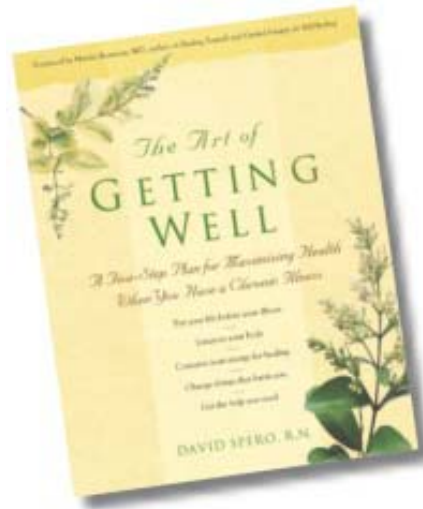


Changing Behaviors, Environments, Lives, and Healthcare Systems

David Spero, RN, author of *The Art of Getting Well: Maximizing Health When You Have a Chronic Illness* (Hunter House 2002) and *Diabetes: Sugar-coated Crisis* (New Society 2006) presents lectures and workshops for patients, professionals, support groups, and the general public.

As faculty in the Institute for Healthcare Improvement program Quality Allies, David works with medical systems around the country in helping patients help themselves. He provides skills, insight and inspiration to help people overcome barriers to self-care, and teach them to help others do so. He shows the social causes of illness and reports on ways people and health systems have succeeded in promoting wellness in communities and society.



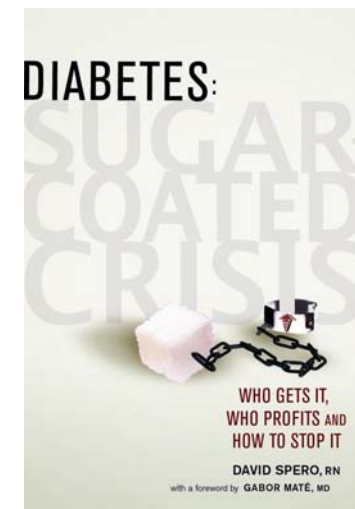
For more information about David Spero RN's classes, coaching, fees, and speaking arrangements, please visit www.davidsperorn.com or contact:

Rochon Perry 415-839-6322
rperry@redlicoricestudios.com

OR

David Spero, RN
Phone or Fax: 415-987-1401
Email nurse@davidsperorn.com

David Spero, RN
*Author/Speaker/Teacher/
Consultant/Coach*



Movement Against Diabetes
www.wellnessmovement.org

**Maximizing Health with
Self-care**
www.art-of-getting-well.com

Lectures

3 Keys to Self-care Success

This class helps people overcome common self-care barriers including lack of support, social and economic difficulties, lack of positive reasons to be well and lack of hope. Features group activities, humor, guided imagery, and sharing inspiring stories. Available in versions ranging from 45-minute lecture to 12-hour, six-session workshops.

"Thank you so much for sharing your wisdom, humor, experience and your heart with our Evergreen community. I am awed by your sense of purpose and the healing you inspire in others." – Anna Satenstein, Education Coordinator, Evergreen Hospital Medical Center, Kirkland, WA.



David Spero RN

Workshops

Social Solutions to Diabetes

Diabetes is a social disease, caused by an environment high in stress and sugar, low in opportunities to exercise or feel good about ourselves, and by a lack of personal and social power. Social diseases need social approaches, if we hope to prevent and manage diabetes and related illnesses in a toxic environment.

This class teaches the social, economic and political causes of diabetes. Learn sound strategies for using the strength of family, community, other people with diabetes, and health workers to empower people to change behaviors, environments, and lives.

Features group activities, weekly assignments, consciousness-raising, and proven methods to build confidence and promote change. Participants will be able to connect with each other to promote their own wellness and that of families and co-workers. Available in versions ranging from 45-minute lecture to 12-hour, six-session workshops.

"David Spero is a dynamic speaker who engages his audience through theory, practice and storytelling. His workshops are inspiring and practical."
[Denise Daniello](#) U Alaska Fairbanks Education Center

Trainings

Building Capacity For Self-care

This two-to four-hour workshop for group leaders and health professionals gives specific skills for working with members, patients and others who struggle with self-care. These strategies include goal setting, action planning, communication skills, finding help, and assertiveness. Teaching methods include role-playing, case presentations, humor, and written exercises.

"Your message helped the audience understand how to overcome the many barriers to self-care. You know how to reach your audience in their hearts, as well as their minds." Michelle Holloway, M.S. Assistant Professor, Alaska Geriatric Education Center

**RATES ARE REASONABLE,
NEGOTIABLE, AND DISPENSABLE
for the right cause. Contact
Rochon Perry at 415-839-6322 or
Aisha Kassahoun at 415-585-
9851.**