



Calendar of Events

DMRC Meetings and Trainings

Saturday January 11, 2020 9:00 a.m.- 4:30 p.m.	Event in Kent Co.	ICS100/NIMS700 - Combined Incident Command (ICS-IS-100) and National Incident Command System (NIMS-IS-700.A) - UD Paradee Center, Rm 109, 69 Transportation Circle, Dover, DE 19901
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Exercises/ PODs (Point of Dispensing)

T.B.D.		
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Community Events

Saturday January 4, 2020 9:00 a.m. - 1:00 p.m.	Event in New Castle Co.	The Pursuit of Health & Wellness Expo & Health Fair - Chase Center on the Riverfront , 815 Justison St, Wilmington, DE 19801
Thursday January 9, 2020 4:00 p.m. - 7:00 p.m.	Event in New Castle Co.	UD Diabetes Care and Prevention Open House - The Tower at STAR Audion, 100 Discovery Blvd, Newark, DE 19713
Tuesday February 4, 2020 8:30 am - 2:00 pm	Event in Sussex Co.	Community Preparedness Workshop for Seniors and People with Disabilities - CHEER Community Center Auditorium, 20520 Sandhill Road, Georgetown, DE 19947
Saturday March 21, 2020 9:00 am - 1:00 pm	Event in Sussex Co.	The Heart of Good Health - Laurel Middle/High School, 1133 S. Central Ave, Laurel, DE, 19956

Self-Management Programs

Saturday Jan 11th,	Training in	Chronic Disease Lay Leader Training- Delaware State Police Troop 2 100
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Sunday Jan 12th, Saturday Jan 18th, Sunday Jan 19th, 2020 8:30am-4:00pm	New Castle Co.	Lagrange Ave Newark, DE 19702 Registration required. * Must attend all 4 days. Email selfmanagementprogramsde@gmail.com for details and application.
Tuesday Jan 21st, Thursday Jan 23rd, Tuesday Jan 28th, Thursday Jan 30th, 2020 8:30 a.m. - 4:00 p.m.	Training in Kent Co.	Chronic Disease Lay Leader Training - Delaware State University 1200 North DuPont Highway Dover, DE 19901 MLK Bldg, 2 nd Fl, Glass Lecture Room in Front of Parlors Registration required. * Must attend all 4 days. Email selfmanagementprogramsde@gmail.com for details and application.
Saturday Feb 8th, Sunday Feb 9th, Saturday Feb 22nd, Sunday Feb 23rd, 2020 8:30am-4:00pm	Training in Kent Co.	Chronic Disease Lay Leader Training - Delaware State Police Troop 3 3759 S State St Camden Wyoming, DE 19934 Registration required. * Must attend all 4 days. Email selfmanagementprogramsde@gmail.com for details and application.
	Workshops in New Castle Co., Kent Co., and Sussex Co.	Self-Management Programs are offered throughout Delaware for: Diabetes, Chronic Disease, Cancer: Thriving and Surviving, and Chronic Pain. These 6-week programs are FREE to those with any of these conditions and their caregivers. For dates, times, locations of the workshops and/or Lay Leader Trainings: Call 302-990-0522 or Visit: HealthyDelaware.org/SelfManagement
Please note: dates are subject to change		
<i>Please share this information with friends and family who may benefit from these valuable workshops.</i>		



Advisory Board Meetings

January 28, 2020 April, 2020 * July 8, 2020 October 7, 2020

(* April Meeting to coincide with Annual Meet and Greet)

All DMRC Board of Directors meetings are scheduled from 12:00 p.m. to 2:00 p.m. and are open to the public for observance. The last 15-minutes of each meeting is dedicated time for public input. Meeting location - Delaware Hospital for the Chronically Ill: Room 239, 100 Sunnyside Road Smyrna, DE 19977

Contact/Meeting Information

Unit Coordination, Volunteer Opportunities, Training Registration, or [SERVDE](#) Assistance:

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