

Healthier Living Program Seeks Volunteer Leaders

(Training January 28 - 31, 2013)

Healthier Living is a peer-led program designed to build confidence and skills to manage chronic health conditions and to maintain an active and fulfilling life.

- ✎ DO YOU HAVE A CHRONIC DISEASE, OR
- ✎ CARE FOR SOMEONE WITH A CHRONIC DISEASE?
- ✎ DO YOU DESIRE TO HELP OTHERS?



What is required of a Peer Leader?

- Attend a 4-day training in Fairfield, led by two Master Trainers
- With a co-leader, facilitate one 6-week workshop series within 3 months of completing the training and lead two or more 6-week workshops per year
- Adhere to *Healthier Living* curriculum and facilitation protocol

Our Peer Leaders:

- Exhibit enthusiasm, passion, and commitment to helping others
- Feel comfortable facilitating group discussion and brainstorming
- Possess good communication skills
- Are dependable, consistent, and organized

Does this sound like you?

HEALTHIER LIVING TRAINING

Date & Time Monday through Thursday, January 28 through 31
9am - 4:30pm (breakfast & lunch included)

Location Solano County Health & Social Services Dept.
Multipurpose Room, 2101 Courage Dr., Fairfield, 94533

To Register, Call:

Area Agency on Aging Serving Napa
and Solano: **707- 643-1797**

Class limited to 25



Learn more about the Healthier Living program at
<http://patienteducation.stanford.edu/programs/cdsmp.html> and www.cahealthierliving.org



Sponsored by the Centers for Disease Control and Prevention