

## **Looking For Folks Who Know How To *Live Well***

Most of us think of our lives as a path. This path may have twists, turns, obstacles and surprises. Having a chronic health problem changes the nature of this path. It brings about limitations, frustrations, and uncertainty about the future; it may make more of those twists and turns, or the obstacles and surprises bigger or more frequent. If you are able to help someone else along a rough path, you aren't as aware of the difficulties on your own path. People who help other people are happier and healthier.

The Aging & Disability Resource Center is looking for individuals to volunteer as trained leaders to facilitate the workshop, *Living Well with Chronic Conditions*, within their community.

### **What is “Living Well with Chronic Conditions”?**

It is a six-week workshop designed to give people the skills and tools to help themselves manage the everyday challenges of their on-going health conditions, such as diabetes, arthritis, high blood pressure, hypertension, and others. Leaders work in pairs and cover a variety of subjects such as:

- Dealing with frustration, fatigue, fear, pain, and isolation
- Exercising for strength, flexibility, and endurance
- Using medications wisely
- Communicating effectively with family, friends, and health professionals
- Eating for better health
- Evaluating new treatments

The workshop was developed at Stanford University and research has proven it to be extremely effective. Best of all, the workshop has a structured outline with scripts to make facilitation easy. Even people who hate public speaking, find it to be rewarding, not intimidating.

### **Why should you consider becoming a Living Well Leader?**

As a leader, you will have the satisfaction of discovering the contents of the program and learning group leadership and facilitation skills that you can also use in other areas of your life. Most importantly, you will watch people with on-going health conditions learn to successfully manage their conditions by using the skills and tools that you have shared with them. Program leaders also earn a stipend of \$120 at the completion of the workshop.

### **How do you become a Program Leader?**

You do not need to be a health professional to lead this course. Leaders receive thorough training. The Leader's Manual gives exact instructions and tips in a user-friendly structure. Plus, the local Aging & Disability Resource Center's coordinator, Trisha Bailkey, will provide program leaders with on-going support.

The next Living Well Leader Training will be held in Barron on February 7<sup>th</sup>, 8<sup>th</sup>, 14<sup>th</sup> and 15<sup>th</sup>. Registration is required. If you are interested in becoming a Living Well Leader, or

would like more information before deciding, please contact Trisha Bailkey at the Aging & Disability Resource Center, (888) 538-3031.