

BECOME A LEADER



Learn to Live Well with Chronic Conditions and Help Others Learn, too.

The Central Missouri Area Agency on Aging and the Central Missouri Regional Arthritis Center are looking for volunteers to lead the six-week, 2.5 hours per week workshop “*Live Well with Chronic Conditions*”, a chronic disease self-management program licensed by Stanford University. The program introduces the tools needed in the day-to-day management of chronic conditions. Workshop leaders will receive a detailed leader’s manual and a copy of the workshop’s textbook. Training sessions are structured to provide ample opportunity to practice delivery of workshop information. Training is free.

The Ideal Leader should:

- Have a chronic condition, if possible, or have life experience of living with a family member with chronic illness
- Comfortable with presenting the program strictly as written in the Leader’s Manual
- Committed to helping others with chronic conditions as a volunteer

Register Now

Training Dates: October 13, 14, 20 and 21 (9:00 a.m. - 4:00 p.m.)
(Leaders must attend all four days of training.)

**Location: Camden County Library,
89 Rodeo Rd. in Camdenton**

**To Register: Call Kate King at
(800) 369-5211 by October 3rd**



**Live like
Your
Life Depends
on it.**

