

Take
Control



"It's Your Life...Live it Well"

Become a Leader
Make a
difference!

Feel
Better

Live Well is a six-week, community-based workshop series that empowers adults and/or their caregivers to manage their chronic health conditions.

Live Well Leader Characteristics

- Ability to speak in front of a group
- Ability to work with a group
- Ability to read aloud and follow leader's manual
- Good communication and listening
- Ability to be non-judgmental and accept different opinions



Re-
Energize

Live Well Leader Requirements

- Attend a FREE four-day Live Well Training program
- Co-facilitate a Live Well Workshop within six months of successfully completing the training

Live

LEADER TRAINING DATES

February 24, 26 & March 2, 4

8:30 am – 4:00 pm

Please bring your own lunch.

Meriden Dept. of Health and Human Services
165 Miller Street, Meriden, CT

Register at <https://www.aoascc.org/forms/live-well-leader-training/>

Questions, contact Tom at 203-785-8533 x3160 or tdavis@aoascc.org

Enjoy

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