

Take  
Control



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

**WORKSHOP LEADERS  
NEEDED!**

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

Feel  
Better

### **A Chronic Disease Self-Management Program**

A program designed to help those who struggle to manage diabetes, arthritis, asthma, high blood pressure, heart or lung disease, sickle cell, pain, depression or other chronic health conditions.



Energize

#### Leader Characteristics:

- Ability to speak in front of a group.
- Ability to work with a small group of people and build rapport with them.
- Ability to read aloud and follow a scripted leader's manual.
- Good communication and listening skills.
- Ability to be non-judgmental and respect different opinions.
- Optimism about a person's ability to make changes.

#### Leader Requirements:

- Attend four days of a Live Well Leaders Training.
- Co-facilitate a *Live Well* Workshop within 6 months of completing the training.

#### LIVE WELL LEADERS TRAINING:

INFORMATION SESSION: October 1, 2015 at 2:00pm

WHEN: 10/29/2015, 10/30/2015, 11/05/2015, 11/06/2015 (9:00am-4:30pm)

WHERE: 1 Long Wharf Drive, Suite 1L, New Haven, CT 06511

TO REGISTER, please call: Stephanie Albright at (203)785-8533 ext. 3156

Live

Enjoy

