

Volunteer Training

Learn to Co-Lead

Healthier Living Workshops in Calaveras County



Interested in helping others improve their health?
Have a chronic health condition yourself?
Comfortable speaking in front of a small group?
Available to lead a weekly workshop for 6 weeks?

If you answered yes to the above questions, become a leader for the
Healthier Living Workshop Program!

Leaders needed for workshops in all Calaveras Communities

Including Valley Springs, Arnold, West Point, Mountain Ranch, Copperopolis

Learn how to ...

- Facilitate the Managing Chronic Health Conditions Workshop
- Teach others the skills to self-manage their own chronic conditions
- Improve self-management of your own ongoing health challenges

Training expectations:

- Must complete all 4 days of training!
- Co-Lead your first workshop within 6-12 months of training
- Co-Lead at least one six week workshop per year

When: March 6, 7 & 13, 14, 2017

9:00-4:30 each day (lunch provided)

**Where: Calaveras County Health and Human Services Building
509 East St. Charles St., San Andreas**

To learn more call Bonnie Nordby at CC Public Health (209) 754-6034 or
email: bnordby@co.calaveras.ca.us. Training registration deadline February 17, 2017
For more information visit our website <http://tinyurl.com/CalaverasCDSMP>