



Volunteer Leaders Needed

Become a wellness program group leader for consumers and caregivers "Living a Healthy Life with Chronic Conditions."

Training is **FREE**: August 12, 13, 19 and 20, 2009

10:00 a.m. - 5:00 p.m. each day

Central East CCAC, Port Hope Branch

151A Rose Glen Road
Port Hope ON L1A 3V6

- Volunteer Peer Leaders, are trained to deliver the Stanford University "Living a Healthy Life with Chronic Conditions" workshop.
- Peer Leader Training is a 4-day process. Trainees are required to attend all four days of the Leader Training.
- Peer leaders may be people living with a chronic condition themselves and can be health service providers.
- Leaders often register in pairs, since all self-management workshops are co-facilitated by 2 leaders working together.

Have fun, meet new people and help others. No experience needed.

For more information:

1 866 971 5545 or e-mail: healthylifeworkshop@ce.ccac-ont.ca

www.healthylifeworkshop.ca