

# BECOME A LEADER

***Learn to Live Well with Chronic Disease 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, “*Live Well with Chronic Conditions*” workshop. “*Live Well with Chronic Conditions*” is a self-management program designed by Stanford University for persons who have chronic conditions or are caring for a person with chronic conditions. The program introduces tools needed in the day-to-day management of the disease.

## **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



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

## **Register Now**

***Training Dates: February 17, 18,  
24 and 25***

***(Leaders must attend all  
four days of training. Training is  
free. Mileage will be reimbursed.)***

***Location: Jefferson City***

***Call Kate King at 800-369-5211***

