

## **BECOME A LEADER**

### **For the Living A Healthy Life Program**

**Next Training Dates:**  
**October 22nd, 23rd and 30th**  
**8:30 a.m. to 3 p.m.**

**Location: USI Campus**  
**Health Professions Building**



#### **What is *Living a Healthy Life*?**

- *Living a Healthy Life* is an evidence-based, Chronic Disease Self-Management workshop for people who have one or more chronic condition or give care to those with chronic conditions.
  - A *chronic condition* is defined as any on-going health problem or disease such as diabetes, heart disease, arthritis, depression, PTSD, back pain, or other long term problems.

#### **What does a *Living a Healthy Life* leader do?**

- A *Living a Healthy Life* leader is an individual who co-leads workshops with another leader one or more times per year. The program requires 2 leaders at every workshop.

#### **When are the workshops?**

- Workshops meet once a week for 2.5 hours over 6 weeks.
- Schedule the day and time for the workshops to fit your schedule.

#### **Why become a *Living a Healthy Life* leader?**

- Impact people's lives by helping them realize their goals.
- Help maintain your own self-management skills.
- Be a part of an exciting worldwide volunteer program.
- Meet new people.

**For more information on how to become a Living a Healthy Life leader**  
**Contact Cathy Jones at 812-888-5159 or [catherine.jones@vinu.edu](mailto:catherine.jones@vinu.edu)**

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