

Become a Healthy-U Leader!

Help others manage the symptoms of chronic illness

Have you learned to manage a chronic illness?
Do you want to help others improve their quality of life?

Healthy-U needs people like you!

The **Healthy-U Chronic Disease Self-Management Program** needs people like you to help others improve their quality of life and save on health care expenses. You'll receive specialized training to help adults and/or their caregivers learn to manage the symptoms associated with a variety of chronic illnesses.

What is Healthy-U?

Healthy U is a small group workshop that focuses on problem solving and building self-confidence to help people maintain their health and manage chronic health conditions. Participants learn to control their symptoms through: relaxation techniques, diet and exercise changes, managing sleep and fatigue, using medications correctly, and better communication with family members, friends and health care providers.

Who can be a Healthy-U Leader?

Leaders of the program are **either** adults (preferably with a chronic health condition) **or** professionals such as nurses, care managers, health educators, etc.

What kind of training will I receive?

As a Healthy-U workshop leader, you will:

- receive specialized training and easy-to-use instruction materials
- learn new skills and gain valuable experience in program delivery
- experience the satisfaction of changing lives through a proven program

What kind of commitment am I expected to make?

You are required to attend the entire training program and lead two or more six-week courses:

February 17-18 and 24-25, 2015. Training is 8:30am-4:30pm each day at 155 Tri County Parkway, Springdale, OH 45246 (next door to Council on Aging's offices)

Once your training is complete, it is expected that you will:

- lead 2 or more six-week courses in accordance with program guidelines
- maintain weekly attendance records and participant information to be turned in upon completion of the program

How do I sign up or get more information?

Training sessions begin February 17, 2015. Space is limited!

Call (513) 266-1585 or email ehordes@help4seniors.org for information or to register.

More information about Healthy-U is available at www.help4seniors.org.



managing symptoms



improving quality of life



reducing health care costs