

ATTENTION! ATTENTION! ATTENTION!

Do you suffer from a chronic illness, such as Hypertension, Arthritis, Diabetes, Asthma, etc.?

Do you like interacting with others?

Are you comfortable speaking in front of small groups?

Do you want to help others who have chronic illness address their condition(s) while you reinforce your trained self-management techniques?

Can you spare a few hours out of your day?

If you answered **YES** to any of the above questions, you may just be the person we are looking for!

The Baltimore City Health Department Division of Aging and CARE Services is host to

“Living Well”

“Living Well” is a series of evidence based workshops; licensed through Stanford University that includes but is not limited to the:

Chronic Disease Self-Management Program (CDSMP) and Diabetes Self-Management Program (DSMP).

These workshops are delivered in the community by trained peer leaders; over a 6 week period for 2.5 hours per day once a week.

If you are interested in being trained as a certified peer leader in Chronic Disease Self-Management and you meet the qualifications, this can be a great opportunity for you to facilitate a **Living Well** workshop in the community. Being a peer leader offers you an opportunity to help others just like you through support, creation of individual actions plans; while learning other techniques to improve healthy living by managing chronic conditions.

Volunteers/Peer Leaders also receive a \$150.00 stipend for all workshops they complete.

For further information please contact Ms. Verna Council at 410-396-1337 or via email at

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