



# LEADERS WANTED!

We are looking for community members who have experience with chronic disease to help lead the Tools for Better Health workshop.

If you are interested in helping your community, apply today!

## What is chronic disease?

Chronic disease is a long-lasting condition that can be controlled but not cured. There are many physical and mental health conditions that are considered chronic diseases, including:

- Heart Disease
- High blood pressure
- Arthritis
- Diabetes
- Depression
- Asthma

## What skills are required?

There are no specific education or experience requirements for group leaders. We are looking for leaders who:

- are community members who are passionate about this program and want to help and serve others in their community.
- have personal experience with chronic disease.
- are able to read, speak and write English and speak in front of a group.
- have the physical and mental stamina necessary to facilitate at least one workshop series a year.



## How much time will I need to commit?

Leaders must commit to a four-day training, as well as to leading a 7-week *Tools for Better Health* workshop each year. The workshop requires 3-4 hours each week.

## How does it work?

*Tools for Better Health* participants will attend a 2½-hour interactive workshop once a week for seven weeks to learn problem-solving, decision-making and other techniques. Workshops meet in community-based settings and are facilitated by two trained leaders. At least one leader will currently be diagnosed with a chronic disease. This program helps those with chronic disease live a healthier, fuller life.

## How do I apply?

To apply, visit the Lawrence-Douglas County Health Department or [ldhealth.org/TFBH](http://ldhealth.org/TFBH) to learn more about the program. Then, if you are interested, fill out the *Group Leader Application* and *Statement of Commitment*. You must be available for training sessions Oct. 17-18 and Oct. 24-25 in Olathe, Kan.

For more information,  
visit [ldhealth.org/TFBH](http://ldhealth.org/TFBH) or  
call Michael Showalter at 785-843-3060.