



Healthy U Lay Leader Training

Healthy U Ohio features evidence-based self-management workshops developed at Stanford University made possible by a joint effort of the Administration for Community Living, the Ohio Department of Aging, the Ohio Department of Health and your local area agency on aging. Healthy U offers free, six week, community-based workshops that help participants learn proven strategies to manage chronic health conditions and feel healthier. Evidence-based programs empower participants to make decisions and set individual goals that enhance their well-being and improve their health.

Diabetic Self Management Program (DSMP)

- Workshops consists of six sessions conducted weekly for 2.5 hours
- Two trained lay leaders are required to facilitate each workshop

The Area Agency on Aging, Region 9 is offering leaders a paid minimum stipend of \$150 per qualifying workshop of qualifying participants

The Area Agency on Aging, Region 9 is offering *FREE* four day lay leader training

- We're looking for caring committed leaders with the desire to make a difference in their community.
- Leaders should be dependable individuals who possess good listening skills and work comfortably with groups