

Take
Control



"It's Your Life...Live it Well"

Become a
**WORKSHOP
LEADER**

Feel
Better

Live Well is Program that helps empower people with on-going health conditions to build self-confidence and play a major role in maintaining their health and managing their symptoms



Re-
Energize

Live Well Leader Characteristics

- Ability to speak in front of a group
- Ability to work with a small group of people
- Ability to read aloud and follow a scripted leader's manual
- Good communication and listening skills
- Ability to be non-judgmental and respect different opinions

Live Well Leader Requirements

- Attend a FREE four day Live Well Leader Training program
- Co-facilitate a Live Well Workshop within six months of successfully completing the training

Live

LEADER TRAINING DATES:
June 18, 20, 25 and 27, 2018
8:30 a.m. - 5 p.m.

Southwestern CT Agency on Aging * 1000 Lafayette Blvd, Bridgeport CT

For more information on the Live Well Programs:

Visit www.cthealthyliving.org or

Contact Cathy Grosshart at 203-814-3693 or cgrosshart@swcaa.org

Enjoy

Sponsored by the Southwestern CT Agency on Aging &
CT State Department on Aging & CT Dept. of Public Health