

## Board of County Commissioners

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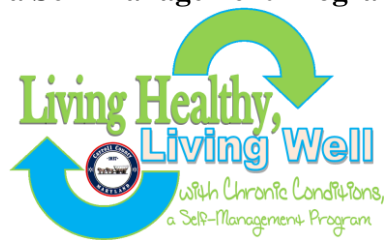
## Carroll County Government

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### FOR IMMEDIATE RELEASE

Contact: Leslie Wagner  
410-386-3818

## Trainers Needed for Living Healthy, Living Well with Chronic Conditions – a Self-Management Program



**Westminster, Friday, March 17, 2017** – The Bureau of Aging & Disabilities is extending the enrollment period for volunteers interested in becoming certified Lay Leaders (trainers) to deliver *Living Healthy, Living Well* classes in Carroll County.

Due to increased interest in volunteering the **training scheduled for March 20<sup>th</sup>, 22<sup>nd</sup>, 27<sup>th</sup> and 29<sup>th</sup> at the Westminster Senior Center has been rescheduled for Mondays and Tuesdays, June 19<sup>th</sup> - 20<sup>th</sup> and 26<sup>th</sup> -27<sup>th</sup>**. The location of the training will remain the same, at the Westminster Senior Center, 125 Stoner Avenue.

Attendance at all four sessions is required to become a Certified Lay Leader. There is no cost for the workshop but registration is required. For more information or to register, please contact Leslie Wagner at the Carroll County Bureau of Aging & Disabilities, 410-386-3818.

*Living Healthy, Living Well* is a chronic disease self-management program (CDSMP) from Stanford University. The program is open to adults experiencing chronic health conditions such as high blood pressure, diabetes, arthritis, chronic pain, heart disease, stroke or cancer. Family members, friends and caregivers are also encouraged to participate.

Chronic disease self-management Lay Leaders are trained to facilitate the six-week *Living Healthy, Living Well Program* for adults living with chronic conditions. The workshops are held at various locations throughout Carroll County and meet for two and one half hours, once a week, for six weeks.

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## CARROLL COUNTY

ACCESSIBILITY NOTICE: The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600, 1.888.302.8978, MD Relay 7-1-1/1.800.735.2258 or email [ada@ccg.carr.org](mailto:ada@ccg.carr.org) as soon as possible but no later than 72 hours before the scheduled event.