

Board of County Commissioners

C. Richard Weaver, *President*
Dennis E. Frazier, *Vice President*
Stephen A. Wantz, *Secretary*
Doug Howard
Richard S. Rothschild



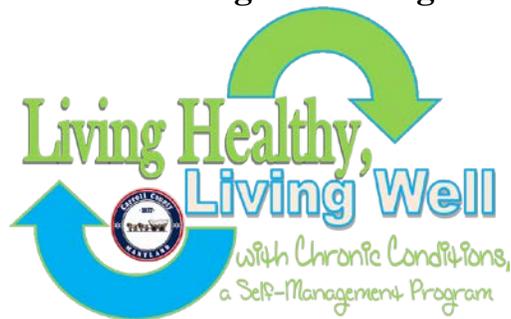
Carroll County Government

225 North Center Street
Westminster, Maryland 21157
410-386-2043; 1-888-302-8978
fax 410-386-2485
MD Relay 711/800-735-2258

FOR IMMEDIATE RELEASE

Contact: Leslie Wagner
410-386-3818

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



Westminster, Thursday, February 9, 2017 – The Bureau of Aging & Disabilities is seeking volunteers who are interested in becoming certified Lay Leaders (trainers) to deliver Living Healthy, Living Well classes in Carroll County.

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.

Lay Leader training will take place from 9:00am – 4:00pm on Mondays and Wednesdays, March 20th, 22nd, 27th and 29th at the Westminster Senior Center, 125 Stoner Avenue, Westminster. 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.

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 as soon as possible but no later than 72 hours before the scheduled event.