

Improve the Lives of Others

Become a Living Well Leader



4-day Leader Training

9 a.m.-5 p.m. | **FREE**

Learn to support others at Howard County's free Leader training for its Living Well workshop. Master trainers prepare you to lead the six-week workshop, which focuses on supporting participants to become skilled at managing their health.

Responsibilities:

- Adhere to workshop standards
- Lead at least one workshop per year to maintain certification

Benefits:

- Enhance your abilities to care for yourself and for loved ones
- Gain experience and certification in health education
- Achieve professional development goals

Qualities:

- Experience with a chronic condition or caring for a loved one with a chronic condition
- Worked with an individual or group of people whose cultural backgrounds differ from yours
- Comfortable with public speaking

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This Leader Training is co-sponsored by
Howard County General Hospital and Howard County Office on Aging and Independence