



Your Way to Wellness

VOLUNTEER LEADERS WANTED!

Do you have a chronic condition?

Interested in volunteering in your community?

Learn how to manage your chronic condition & empower others to do the same.
Volunteer with *Your Way to Wellness*!

WHAT IS YOUR WAY TO WELLNESS?

This free workshop helps people with chronic conditions and their caregivers to overcome daily challenges, take action and live a healthy life! Groups meet weekly (2 ½ hours) for 6 weeks and are led by 2-3 trained volunteers.

Participants learn how to:

- Set goals & problem solve
- Improve communication with health care providers, family & friends
- Eat healthier & become more active
- Manage symptoms & make daily tasks easier
- Improve self-confidence & manage difficult emotions

VOLUNTEER REQUIREMENTS:

Your Way to Wellness volunteers should...

- Be comfortable speaking in front of groups
- Have good literacy skills and be able to follow a scripted format
- Be able to commit to a 4 day training session (at no cost to you)
- Co-lead at least two 6-week programs within the first 18 months after training
- Have a willingness to learn. You do not need a clinical/medical background to be a *Your Way to Wellness* volunteer (training will be provided)

WHAT'S IN IT FOR ME?

As a *Your Way to Wellness* volunteer you will...

- Gain valuable skills in learning and teaching, group facilitation & public speaking
- Become a certified *Your Way to Wellness* Volunteer Leader
- Help empower people in your community to improve or maintain their health
- Receive a small honorarium for facilitating group sessions
- Gain experience to build your resume and possibly lead to other career opportunities

Next training session:
March 22-25, 2011
in Halifax

Questions?
To apply to be a
volunteer, contact
Stephanie at 473-7709 or
yw2w@cdha.nshealth.ca

