



80% of adults have chronic conditions such as hypertension, arthritis, diabetes, chronic pain, depression or anxiety. These conditions can be managed with simple, proven lifestyle changes.

Juniper is looking for people to become class leaders who educate, motivate and inspire. No experience? No worries! We will train. Leaders facilitate a six-week workshop that empowers those living with ongoing health issues to learn the skills to increase their quality of life. Workshops are taught by 2 trained facilitators, some who have health conditions themselves.

## **Living Well with Chronic Conditions Leader Training**

**February 21, 22, 28 and March 1, 2019**

**8:00 AM to 4:30 PM**

Blue Cross Blue Shield Retail Center  
425 W Superior St #1060, Duluth MN

**Cost:** \$200. *Limited scholarships available*

### **Register Today!**

[www.arrowheadaging.org/registration](http://www.arrowheadaging.org/registration)

or contact Georgia Lane

218-529-7525 or [glane@yourjuniper.org](mailto:glane@yourjuniper.org)

#### **The Ideal Leader Should:**

- Have personal experience living or working with chronic pain, diabetes or other chronic conditions.
- Not be fearful of public speaking
- Be comfortable with presenting the program strictly as written in the leader's manual
- Commit to co-facilitating at least one workshop every year.

Workshops offered through Juniper ® — a statewide network that helps people manage chronic health conditions, prevent falls, and foster wellbeing.