

# ***"Live Well™ with Chronic Conditions" Program***



## ***Volunteer Peer Leader Opportunities!***

- ✓ **Do you have a chronic health condition such as diabetes, arthritis, heart disease, asthma, multiple sclerosis, osteoporosis, etc?**
- ✓ **Do you provide care for someone with a chronic health condition?**
- ✓ **Would you like to help others cope with their chronic health condition by learning self-management techniques that contribute to a happy and productive life?**
- ✓ **Would you like to become a peer leader?**

### **Peer Leader Role:**

- To provide leadership in a small group setting to individuals with chronic health conditions.
- To assist people to better understand chronic health conditions.

### **Qualifications:**

- The ability to stimulate group discussion and good communication skills
- A chronic condition or be providing support to another individual with a chronic condition is preferred

### **Training:**

- Peer leaders are provided with 3 days of training by 2 master trainers. The training is free.

### **Deadline for applications**

All interested individuals must complete an application and consultation process and be able to peer lead 1 or 2 six week session a year. Each program is held once a week (2.5 hours per session) for six consecutive weeks, and is led by pairs of trained peer leaders.

For more information about becoming a peer leader with this program, call:

Chronic Disease Management Collaborative Facilitator  
North Battleford, SK  
Phone: (306) 446-6400 Ext. 6113 or 1-888-922-5867  
[Chronicdisease@pnrha.ca](mailto:Chronicdisease@pnrha.ca)