



Do you like to help others?

Are you interested in empowering your community to live healthy with chronic conditions like Heart Disease, Arthritis, Diabetes, and Osteoporosis?

Join us for **Living Healthy* training days & become certified as a peer leader!**

Teach classes right in your community with all necessary training & supplies provided for FREE.

To find out more about becoming a peer leader & upcoming trainings, please contact:

**Karen Revitt,
Project Coordinator, at
442-5530 or krevitt@uamail.albany.edu**

Living Healthy is the local implementation of the Chronic Disease Self Management Program developed by the Stanford Education Research Center. For more information please go to: <http://patienteducation.stanford.edu/programs/cdsmp.htm>*