



## **WOULD YOU LIKE TO BE A LEADER FOR BETTER CHOICES, BETTER HEALTH?**

We invite you to attend a 4-day  
**LEADER TRAINING**  
February 16-17 and 23-24, 2012  
9:00 am – 4:00 pm each day  
Drew Wellness Center  
2101 Walker Solomon Way  
Columbia, SC 29204

**Better Choices, Better Health (previously called Living Well SC)** is a program developed by Stanford University to help people manage any chronic health conditions, such as arthritis, asthma, diabetes, emphysema, heart disease, high blood pressure, or lupus. It is a 6-week workshop that consists of 6 sessions offered once a week. Each session lasts 2 ½ hours.

### **About Leaders**

Leaders work in pairs and facilitate the six-week Better Choices, Better Health workshop. One of the two Leaders must have a chronic health condition.

### **Who Makes a Good Leader**

- Leadership skills and ability to facilitate a group
- Able to follow a script and deliver the program as it is designed
- Able to present information in a clear, objective manner
- Caring attitude and willing to commit time to help others
- Organized and willing to prepare for each of the six class sessions
- A health or teaching background may be helpful but is not required

### **Training Required for Leaders**

To become a leader, you will complete an application to enroll in 4-day training. You **MUST** attend all 4 days to become a Leader. **Cost of training is \$50.00 per person.**

### **Commitment of Leaders**

Leaders agree to offer at least one 6-week workshop within 3 months after they complete their training and another 6-week workshop within one year of the training. Leaders agree to offer this program through a church or organization working in partnership with DHEC and the Lt. Governor's Office on Aging.

### **Workshop Content**

The workshop builds knowledge and self-confidence to manage a chronic condition. It also helps participants learn ways to increase healthy behaviors. Participants choose goals that they want to work on to improve their lives and learn problem-solving skills to achieve the goals.

### **Send application and payment by February 9, 2012:**

SC DHEC  
Attention: Program Coordinator  
1751 Calhoun Street  
Columbia, SC 29201  
Phone (803) 898-0349; Fax (803) 898-0350

**Make checks payable to: Arthritis Foundation**

