

BECOME A HEALTHY AGING GROUP LEADER TODAY!

Mystic Valley Elder Services (MVES) is seeking Healthy Aging Program Group leader volunteers to help advance the mission of its Healthy Aging Program by assisting people with chronic medical conditions to manage their medical problems and disabilities by leading the workshops that support, educate, and nurture a greater control over their lives. Group leaders receive a \$300 stipend for facilitating a Healthy Aging Program workshop(s) and will also receive training.

Healthy Aging Program Workshops offered through MVES include:



- My Life, My Health Chronic Disease Self-Management Program (CDSMP)
- My Life~My Health Chronic Pain Self-Management
- My Life, My Health Diabetes Self-Management
- Tai Chi for Arthritis Self-Management
- Matter of Balance
- Healthy Eating

Healthy Aging Group Leaders lead workshops at various locations across the 11 cities and towns served by MVES. They encourage interactive discussion, as well as socializing, idea sharing, and problem-solving among the participants. New leaders attend a two to four day Leader Training for the program(s) that they would like to facilitate. Ideal candidates for this role have strong communication, interpersonal and listening skills. Leaders should be comfortable teaching, facilitating group discussion and role play. A leader is responsible for teaching the six week (2.5 hour class) to eight week (1-2 hour class) to participants in a community setting. Once trained, lay leaders are asked to commit to leading two classes within one year of certification. Most importantly, the group leaders have fun!

Interested? Contact our Healthy Aging Program Coordinator Donna Covelle at dcovelle@mves.org or 781-388-4867 about current opportunities.