



# Volunteers Needed!

Help yourself — and your community — to better health by becoming a health promotion program leader!

As a program leader, you'll receive training and support as you facilitate a workshop of older adults providing valuable information and strategies for healthier living. It's a great opportunity to share your skills and give back to your community.

## Consider becoming a leader in one of these programs:

- **Boost Your Brain & Memory**
- **Healthy Living with Diabetes**
- **Healthy Living with Chronic Pain**
- **Living Well with Chronic Conditions**
- **Mind Over Matter (MOM)**
- **Physical Activity for Lifelong Success (PALS)**
- **Powerful Tools for Caregivers**
- **Savvy Caregiver Program**
- **Stand Up and Move More**
- **Stepping On: Falls Prevention Program**
- **Tomando Control de su Salud** (Spanish version of Living Well with Chronic Conditions)
- **Vivir Saludable con Diabetes** (Spanish version of Healthy Living with Diabetes)
- **Walk With Ease**

To learn more about becoming a program facilitator/leader, contact the Health & Wellness Programs Coordinator at Milwaukee County DHHS Aging & Disabilities Services at [Jennifer.Lefeber@milwaukeecountywi.gov](mailto:Jennifer.Lefeber@milwaukeecountywi.gov) or (414) 289-6352

