SEEKING LEADER TO FACILITATE LIVING WELL WORKSHOPS

PAY RATE: $16 per hour
   Up to 100 hours (40 hours paid training, 20 hours recruitment, 30 hours workshop time, 10 hours preparation time)

Other information: We are looking for a Fond du Lac community member with diabetes to be trained as a Leader for the Living Well with Chronic Conditions and Living Well with Diabetes workshops. The selected community member will lead these workshops with either a nurse or dietitian from the FDL diabetes team. Dates and times of workshops depend on community interest and recruitment.

Living Well with Chronic Conditions: Facilitate groups with chronic conditions such as diabetes, arthritis, cancer and/or fibromyalgia. Guide discussions on dealing with the social, physical and emotional challenges and identify methods to manage their conditions. Topics include appropriate exercise to maintain and improve strength, flexibility and endurance; communicating effectively with family and health professionals.

Living Well with Diabetes: Facilitate groups of people who have Type 2 Diabetes. Participants develop skills needed for self-management of diabetes and build the confidence to develop a plan for maintaining their health and/or increase life activities.

Leader Role:
• Complete 32 hours (4 days) of Chronic Disease Self-Management leader training; then 8 hours of Diabetes training
• Recruit participants for upcoming workshops
• Work with FDL diabetes team member to lead groups that meet once a week for 2.5 hours over a 6-week period
• Uses the workbook Living a Healthy Life with Chronic Conditions

If interested, please contact Jennifer Hall at 878-2146 or jenniferhall@fdlrez.com by 7/31/2019.

Must meet program eligibility requirements.
Fond du Lac Human Services Division | Diabetes Program