

NEWS RELEASE
FOR IMMEDIATE RELEASE
July 21, 2015

Contact: Karrey Britt
Communications Coordinator
Office: (785) 856-7362

Health Department looking for community members to lead ‘Tools for Better Health’ workshops

(Lawrence, KS) – The Lawrence-Douglas County Health Department is looking for community members to lead “Tools for Better Health” workshops. The workshops help Douglas County residents who have one or more chronic diseases such as heart disease, asthma or diabetes live a healthier life.

“Chronic disease is a long-lasting condition that can be controlled, but not cured,” Kim Ens, Director of Clinic Services, said. “Group leaders can provide support and information to help participants manage their health and maintain active and fulfilling lives.” Workshop topics include: techniques to deal with problems such as isolation, frustration and pain; exercise; nutrition; appropriate use of medications; communicating effectively with family and doctors; decision-making; and how to evaluate new treatments.

There are no specific education or experience requirements for group leaders. The Health Department is looking for leaders who:

- are passionate about the evidence-based program and want to help serve others in the community.
- have personal experience with chronic disease.
- are able to read, speak and write English and speak in front of a group.
- can commit to a four-day training, Aug. 27-28 and Sept. 3-4.
- can facilitate at least one workshop series a year. The series consists of a 2 ½-hour interactive workshop that meets once a week for seven weeks. Two group leaders lead the workshops.

For more information or to apply to become a group leader, visit the Health Department’s website at ldchealth.org/TFBH or contact Health Promotion Specialist Rebecca Garza at rgarza@ldchealth.org or 785-843-3060. The deadline to apply is Aug. 7.

-30-

Together, day by day, building a healthy community

www.ldchealth.org

