

Board of County Commissioners

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Carroll County Government

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FOR IMMEDIATE RELEASE

Contact: Becky Zick, Living Well Program
410-386-3810

Trainers Wanted for Living Well...Take Charge of Your Health Workshop

Westminster, MD, Friday, February 12, 2016 – The Bureau of Aging & Disabilities is seeking individuals who are interested in becoming certified Lay Leaders (trainers) to deliver Living Well classes in Carroll County.

“Living Well...Take Charge of Your Health,” is a chronic disease self-management program (CDSMP) from Stanford University. The program is open to adults experiencing chronic health conditions such as high blood pressure, diabetes, arthritis, chronic pain, heart disease, stroke or cancer. Family members, friends and caregivers are also encouraged to participate.

Chronic disease self-management Lay Leaders are trained to facilitate the six-week Living Well Program for adults living with chronic conditions. The workshops are held at various locations throughout Carroll County and meet for two and one half hours, once a week, for six weeks.

Lay Leader training will take place from 9:00am – 4:00pm on February 22nd, February 24th, February 29th and March 2nd. Attendance at all four sessions is required to become a Certified Lay Leader. There is no cost for the workshop but registration is required. For more information or to register, please contact Becky Zick at the Carroll County Bureau of Aging & Disabilities, 410-386-3810.

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CARROLL COUNTY

The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 as soon as possible but no later than 72 hours before the scheduled event.