



LIVING HEALTHY LEADER TRAINING LEADER TRAINING

YOU CAN MAKE A DIFFERENCE!

The Living Healthy leader training will enhance your health and the health of your community. Learn how you can share the gift of self-management with others.

Land-of-Sky Regional Council

339 New Leicester Hwy, Asheville

August 18, 19, 25 & 26

9:00 am—4:00 pm each day

TRAINING IS FREE

Provided Materials:

- Healthy Living Resource Guide, *“Living a Healthy Life With Chronic Conditions”*
- Audio relaxation CD, *“Time for Healing”*
- Lunch
- Healthy Snacks



The sessions will cover the following topics:

- Managing Pain, fatigue, depression & frustration
- Increase fitness & self-confidence
- Use medications wisely
- Improve communication
- Choose foods for health
- Solve problems effectively

REGISTRATION

10 to 15
people
with
chronic
illnesses
can
attend.
Their
caregivers
are also
welcome

Name _____

Phone _____

Address _____

Email _____

Location of preferred course: _____

Signature _____

Date _____



Return Application to:

Rebecca Chaplin
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