

MAKE A DIFFERENCE IN YOUR COMMUNITY!

LIVING HEALTHY WITH CHRONIC PAIN CROSS- TRAINING



PIEDMONT TRIAD REGIONAL COUNCIL
AREA AGENCY ON AGING

DATES: DECEMBER 10 AND 11TH

TIME: 9AM TO 4PM BOTH DAYS

LOCATION: PTRC OFFICE

1398 CARROLLTON CROSSING DRIVE
KENERSVILLE, NC 27284

COST: \$30-IN REGION,
\$150 OUT-OF-REGION

(LUNCH AND MATERIALS INCLUDED)

REGISTER: COMPLETE ATTACHED
APPLICATION AND RETURN TO
AGEWELL@PTRC.ORG

Only active Living Healthy lay leaders are eligible to attend. Limited scholarships available for community volunteers. Contact MaryLou White at agewell@ptrc.org or 336-904-0300 for more information.

Living Healthy with Chronic Pain Lay Leader Application

Join us to be certified as a workshop leader for the Stanford University developed Living Healthy with Chronic Pain– an evidence-based program designed to help others to coordinate their chronic pain, manage their own health, stay active, and take charge! We are looking for people who are motivated to help themselves and to assist others. Leaders work in pairs to lead the 6-week workshop in community settings such as senior centers, libraries and churches. You must be an active leader in Living Healthy with Chronic Conditions to attend.

No previous healthcare or education experience required as teaching is done through a detailed manual.

Full Name:

Mailing
Address:

Phone:

Email:

Are you:

Staff
member? _____

Community
Volunteer? _____

The program is designed so that at least one leader has or cares for someone with a chronic pain.

Do you have or care
for someone that
has a chronic pain?

Yes? _____

No? _____

Why are you interested in becoming a Living Healthy with
Chronic Pain lay leader?

How long have you been involved in the Stanford-developed Living Healthy Series?

Which counties are you willing to travel to for workshops?

Alamance? Caswell? Davidson? Davie? Forsyth?
Guilford? Montgomery? Randolph? Rockingham?
Stokes? Surry? Yadkin?

Note: Community volunteer leaders may qualify to receive an honorarium and mileage reimbursement depending on distance travel. Senior Center staff may be eligible for a hosting fee. Please contact PTRC AAA (336-904-0300) or agewell@ptrc.org for more information.



I agree to teach two entire Living Healthy with Chronic Pain workshops within 12 months. I will teach in strict accordance with the course as written in the Leader's Manual, and as taught to me at the leader training. I will attend both days of the leader cross-training.

Signature

Date

Please return application to MaryLou White by email or mail:
agewell@ptrc.org
1398 Carrollton Crossing Drive, Kernersville, NC 27284

Once application is approved, payment instructions will be sent to you.



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