

# Living Healthy Lay Leader Application

October 2019



Living Healthy with Chronic Conditions is an evidence-based, chronic disease self-management program developed by Stanford University. It is designed to help others coordinate their chronic conditions, 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 six-week workshop in community settings such as senior centers, libraries and churches. You will also be eligible to be cross-trained in Living Healthy with Diabetes and Living Healthy with Chronic Pain.

No previous healthcare or education experience is required.

Full Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Are you:                      Staff member? \_\_\_\_\_                      Community Volunteer? \_\_\_\_\_

Organization (if applicable): \_\_\_\_\_

Do you have or care for someone that has a chronic condition?                      Yes? \_\_\_\_\_                      No? \_\_\_\_\_

*The program is designed so that at least one instructor has or cares for someone with a chronic condition.*

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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please describe any experience facilitating or leading a group of adults.

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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](mailto:agewell@ptrc.org) for more information.



I agree to teach two entire Living Healthy with Chronic Conditions 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 all four days of the leader training.

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Signature

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Date

Please return application to MaryLou White by email or mail:  
[agewell@ptrc.org](mailto:agewell@ptrc.org)

1398 Carrollton Crossing Drive, Kernersville, NC 27284

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

**Refund Policy:** Cancellations will occur a 5% administration fee.