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FOR IMMEDIATE RELEASE

Date: May 14, 2014

Contact: Barbara Ilardi, Public Information Officer, (845) 808-1390

Individuals with Chronic Diseases Wanted for Peer Leader Training

Putnam County, NY - Free training is being offered to individuals interested in becoming peer leaders for a future series of Living Well Workshops. The four-day training prepares attendees to facilitate small Living Well Workshops in the community. These evidence-based workshops form the basis of a chronic disease self-management program (CDSMP) developed at Stanford University. They have proven to help people living with chronic diseases, such as diabetes, obesity, high blood pressure, arthritis, or asthma, lead healthier, more satisfying lives. Leader training dates are June 2, 3, 9, and 10, and attendance is required for all four sessions, which run from 8:30 a.m. to 4:30 p.m. at Putnam Hospital Center on Stoneleigh Avenue in Carmel. No experience or healthcare training is necessary for this free training. Interest in helping people or the desire to be part of a community-wide wellness initiative is recommended, and personal experience with chronic illness is advantageous.

The leader training and chronic disease self-management program are part of Putnam County's Community Health Improvement Plan (CHIP). The program is a joint initiative of the Putnam County Department of Health, the Putnam Office for Aging, Putnam Hospital Center and Visiting Nurse Association of Hudson Valley.

For further details about the training or to register, contact Cornelia Schimert at 914-666-7616 ext. 235 or Mary White at 845-808-1734.

The Health Department's mission is to improve and protect the health of Putnam County

residents through prevention of illness and injury. Core services include community health assessment, disease surveillance and control, environmental health protection, family health promotion and health education. For more information, please visit our website at www.putnamcountyny.com; or visit our social media sites on Facebook at www.facebook.com/putnamhealth and Twitter @PutnamHealthNY.

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