

**ALLEN BEALS, M.D., J.D.**  
*Commissioner of Health*



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**DEPARTMENT OF HEALTH**

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**FOR IMMEDIATE RELEASE**

**Date: August 7, 2014**

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

**Volunteer Opportunity: Living Well Program Recruiting New Leaders**

**Putnam County, NY** – Do you have a desire to help people and improve your community?

Free training is being offered to individuals interested in becoming peer leaders for future Living Well Workshops. The four-day training prepares attendees to facilitate a small 6-session series of 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 are proven to help people living with health conditions lead healthier, more satisfying lives. Individuals with conditions such as diabetes, obesity, high blood pressure, arthritis, or asthma have all shown benefits from this program. Leader training dates are September 3, 4, 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 in Carmel. No experience or healthcare training is necessary, just an interest in helping people or the desire to be part of a community-wide wellness initiative. Personal experience with a chronic health condition is also 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 Visiting Nurse Association of Hudson Valley, the Putnam Office for Senior Resources, Putnam County Department of Health and Putnam Hospital Center.

For further details about the training or to register, contact Cornelia Schimert at 914-666-7616 ext. 1235 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](http://www.putnamcountyny.com); or visit our social media sites on Facebook at [www.facebook.com/putnamhealth](http://www.facebook.com/putnamhealth) and Twitter @PutnamHealthNY.

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