

Volunteer Wellness Leaders Needed

Help your community to better health by becoming a facilitator for Milwaukee County's Health & Wellness programs.

Become a Program Facilitator to:

- Motivate participants to take control of their lives by:
 - ◇ preventing falls
 - ◇ increasing physical activity
 - ◇ learning caregiver strategies
 - ◇ managing chronic conditions (e.g., chronic pain, diabetes, high blood pressure)
- Foster a healthier community

As a Facilitator, you will receive:

- Training and support to deliver programs
- Stipends if you are volunteering your time
- Free program supplies & materials



Training will require 8-30 hours of your time, depending on the program you are interested in facilitating. Once training is complete, you will be required to facilitate at least one program per year. Programs are typically held weekly for 1-2 months.

For more information on becoming a Program Facilitator contact our Health & Wellness Programs Coordinator at **(414) 289-6352** or Jennifer.Lefebber@milwaukeecountywi.gov



HEALTH & WELLNESS WORKSHOPS

BOOST YOUR BRAIN & MEMORY: Give your brain a “boost” with this 8-week (once a week) program which takes a holistic approach to improving brain health. For any adult 55 and older. The sessions focus on physical activity, emotional health, intellectual activity, nutrition, spiritual activity and social engagement.

HEALTHY LIVING WITH DIABETES: Have more control over your diabetes with this 6-week (once a week) workshop. For adults 18 and older with pre-diabetes or type 2 diabetes. Learn more about healthy eating, stress management, exercise and relaxation techniques, communicating effectively and goal setting. **Also available in Spanish.**

HEALTHY LIVING WITH CHRONIC PAIN: Maintain an active and fulfilling life with this 6-week (once a week) workshop. For adults 18 and older who have or are living with someone who has ongoing or persistent pain. Learn skills and strategies to manage pain including: gentle exercises and relaxation, stress management, medications, communicating effectively, goal setting and problem solving. Improve your overall quality of life by joining a workshop today!

LIVING WELL WITH CHRONIC CONDITIONS: Feel better and be in control of your life with this 6-week (once a week) workshop! This program is for adults 18 and older who have or are living with someone who has one or more ongoing health problems such as asthma, arthritis, heart disease, high blood pressure and others. Participants will learn exercise and relaxation techniques, healthy eating & nutrition, goal setting, stress and depression management, communication skills and problem solving. **Also available in Spanish.**

MIND OVER MATTER: HEALTHY BOWELS, HEALTHY BLADDER (MOM): This program is designed to help older women prevent or improve their bladder and/or bowel incontinence. Classes meet every other week for a total of 3 sessions. Participants set personalized goals and learn about pelvic floor exercises, fluid and fiber intake, and problem-solving. It is proven to improve bladder leakage for 71% of women and bowel leakage for 55% of women.

PHYSICAL ACTIVITY FOR LIFELONG SUCCESS (PALS): This program includes circuit exercises and behavior change strategies to help older adults become more active. Classes meet 3 times a week for 10 weeks, with 6 months of coaching. It is designed to help participants improve walking speed & distance.

POWERFUL TOOLS FOR CAREGIVERS: Become a better caregiver by learning how to take better care of your physical, emotional and financial needs with this 6-week (once a week) program. You will learn skills to cope with the challenges that come with your role as caregiver. Also learn how to reduce stress, anger and guilt, manage your time, make tough decisions and communicate effectively with the person needing care, family members and healthcare providers. **Also available in Spanish.**

SAVVY CAREGIVER: This program is for the family caregiver of a person with dementia. The caregiver will gain knowledge to manage daily care, acquire skills to adjust their approach in their caregiving role and build confidence to set and achieve goals. Classes meet once a week for 6 weeks.

STAND UP FOR YOUR HEALTH: This program is for adults to help reduce sitting time by standing up and moving more. Learn to identify barriers to standing more and discuss strategies to increase standing time. The workshop meets for 4 weeks (once a week) followed by a booster session at week 8.

STEPPING ON: Reduce your chance of falling by participating in this 7-week (once a week) program, designed for adults 60 years & older who are at risk or have a fear of falling or have balance issues. Participants will build balance and strength through exercises that target the lower body and also learn practical skills to avoid a fall. Learn how vision, footwear, medications & sleep all affect falls risk. This program has been researched and proven to reduce falls by 30%. **Also available in Spanish.**

STRONG BODIES: This progressive strength training program will help you not only increase your strength and improve overall health, but you will also see improvements in balance and your confidence to complete your daily activities. The program meets for 10-12 weeks (twice a week). **Also available in Spanish.**

WALK WITH EASE: If you are looking for relief from arthritis or just want to be active, join this 6-week (3 times a week) walking program. Participants will receive support and the tools to set and reach their goals. The program builds confidence to be physically active, reduces pain from arthritis and increases balance, strength and walking pace.