

Seeking Volunteer Leaders

Tri-Valley, Inc. is seeking Volunteer Leaders for the Chronic Disease Self-Management Program.

The Chronic Disease Self-Management Program is a participant education program. Programs consist of six weekly classes, held for 2 ½ hours each week. Participants are adults experiencing chronic health conditions such as: hypertension, arthritis, heart disease, stroke, lung disease, and diabetes. The program provides information and teaches practical skills on managing chronic health problems and gives people the tools and motivation they need to manage the challenges of living with a chronic health condition.

Volunteer Leaders will attend a four-session leadership training series to be held in Greenfield, MA on December 5, 6, 12 and 13. (All sessions must be completed in order to become a certified leader.) Once the training is completed, the classes will be co-led with another certified leader following the established evidence based curriculum. Volunteers must be willing to lead at least two class sessions per year in the Central Mass area.

Tri-Valley will cover the cost of the training series and pay a one-time amount to the volunteer at the conclusion of each class series, in addition to paying mileage reimbursement. Volunteer qualifications: Ability to work well with participants and co-leader, good public speaking skills and reliable transportation.

For more information, please contact Sue Salisbury at Tri-Valley, Inc. at 1-800-286-6640