



FOR IMMEDIATE RELEASE  
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**SEEKING LIVING WELL LAY LEADER VOLUNTEERS**

**"LIVING WELL . . . TAKE CHARGE OF YOUR HEALTH" LAY LEADER TRAINING  
INFORMATION SESSION**

at

**SPECTRUM GENERATIONS COASTAL COMMUNITY CENTER**

**Damariscotta, Maine – July 31, 2008:** Having a chronic condition is like traveling a path. The path goes up and down. The Living Well with Chronic Conditions workshop empowers people travel that path. Make a difference in another persons as well as your own life by becoming a program lay leader for this internationally acclaimed workshop series developed by Stanford University. In the words of a lay leader; "You have the privilege of watching people succeed at something they try to do".

On October 2, 3, 9 and 10, 2008 Spectrum Generations in partnership with Healthy Choices for Me will be offering a lay leader training seminar for the Living Well Chronic Disease Self-Management Program (CDSMP). Each Living Well Leader is vital to the success of the program and works in conjunction with a Living Well Coordinator and other local Living Well Leaders. Before co-facilitating a Living Well seminar lay leaders participate in a thorough, scripted, 4-day training program. All course materials

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are provided. There is no charge for the training. In return Spectrum Generations and Maine Health ask certified lay leaders to commit to deliver the Living Well workshop at least twice before June 30, 2009.

If you are interested in learning more about becoming a Living Well: Chronic Disease Self Management Workshop Lay Leader, please come to the Living Well Lay Leader Training Program information session on August 13 at 12:30pm at Spectrum Generations Coastal Community Center, 521 Main Street in Damariscotta.

**Additional information about the Living Well Lay Leader training should space permit:**

Leader backgrounds vary: for example, persons with chronic conditions, healthcare professionals, retired persons from many walks of life, and anyone with a desire to share valuable information on how to self-manage a chronic condition. All workshops are designed to be conducted by 2 people. The 2 1/2 hour workshops are delivered once a week over a 6-week period.

The October workshop leader training will be conducted over a 4 day period in the Lower Gallery at the Damariscotta River Association's Round Top Farm in Damariscotta. The training will take place from 9 a.m. to 4 p.m. on October 2, 3, 9 and 10. Lay Leaders in training must attend all of the training sessions to be certified as a Living Well workshop leader. A light breakfast, lunch, beverages and snacks are

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provided. Each workshop leader receives a detailed leader's manual, and a copy of the workshop's textbook and audio CDs. The training session is structured to provide ample opportunity to practice delivery of workshop information. At the conclusion of the leader training participants will be well prepared and confident in their abilities to deliver the program. In the words of a Lay Leader; "It's rewarding. One of the most rewarding things I've done in all my volunteer experience, because there are so many things you see that were negative in the beginning of the class that turned to positives changes".

The October Living Well: Chronic Disease Self Management Lay Leader Training Workshop will be conducted by Stanford certified Master Trainers, Marianne Pinkham and Lucinda Hale. For more information and to let Marianne know that you are interested in becoming a Living Well Lay Leader or will be coming to the August 13 information session please contact Marianne at (207) 563-1363 or [mpinkham@spectrumgenerations.org](mailto:mpinkham@spectrumgenerations.org). ### END ###

**If you'd like more information about this topic, Spectrum Generations or to schedule an interview with Marianne Pinkham please contact Marianne Pinkham at (207) 563-1363 or e-mail Marianne at [mpinkham@spectrumgenerations.org](mailto:mpinkham@spectrumgenerations.org).**

**The public is invited to call the Agency's Consumer Helpline at 1-800-639-1553 for more details; or to join the Spectrum Generations Volunteer Corps. The agency's website is located at: [www.spectrumgenerations.org](http://www.spectrumgenerations.org).**

