

Leader Training Announcement

Fees

Living Healthy
\$130

Living Healthy w/
Diabetes
\$ 80

A Matter of Balance
\$ 60

Make checks payable to:

Eastern Carolina
Council
Area Agency on
Aging
Attn: Jillian Hardin
P.O. Box 1717
233 Middle Street
New Bern, NC
28563

Contact

Jillian Hardin
Eastern Carolina
Council
Area Agency on
Aging
252-638-3185
ext. 3015
jhardin@eccog.org



**LIVING
HEALTHY**

FEEL BETTER
TAKE CHARGE

Date: April 4—5—11—12, 2013

Time: 9:30 a.m.—4:00 p.m.

Location: Neuse Baptist Association
176 Piney Grove Road
LaGrange



Date: April 18—19, 2013

Time: 9:30 a.m.—4:00 p.m.

Location: Neuse Baptist Association
176 Piney Grove Road
LaGrange



Date: April 26, 2013

Time: 9:30 a.m.—4:00 p.m.

Location: Neuse Baptist Association
176 Piney Grove Road
LaGrange



Eastern Carolina Council
Area Agency on Aging

Registration

Name _____

Phone _____

Address _____

Email _____

Course: Living Healthy Living Healthy w/ Diabetes A Matter of Balance

Signature _____

Date _____



- Become a certified leader for the Living Healthy, Living Healthy with Diabetes, and A Matter of Balance programs!
- No previous teaching or healthcare experience needed!
- Evidence-Based Health Promotion programs are designed to empower older adults, individuals with disabilities, and caregivers to take control of their health and become positive self-managers of their chronic health conditions.
- We need leaders who are motivated to help themselves and to assist others!
- Must attend all training days to quality for certification.
- Minimal fee!
- Lunch and snacks provided!

Mail
registration and
payment
before
March 25
to:

Eastern Carolina
Council
Area Agency on
Aging
attn.: Jillian Hardin
PO Box 1717
233 Middle Street
New Bern, NC
28563