

Help Others and Stay Healthy!

Volunteer Peer Leaders Wanted!

Join us for training in

*One or More of the Following Wellness Programs
and Reap the Benefits*



A MATTER OF BALANCE: Managing Concerns about Falls – Volunteer led, eight week (2 hour sessions) workshop offering practical strategies to reduce fear of falling, address safety issues, increase activity levels, and improve balance, flexibility, and strength through exercise.

TAKE CONTROL OF YOUR HEALTH:

Chronic Disease & Diabetes Self-Management Programs and Cancer Thriving and Surviving
Volunteer led, six week (2 ½ hour sessions) workshops for persons who are dealing with diabetes or any ongoing, long term health conditions (and/or their caregivers). Program is goal-oriented and includes a **FREE** manual, “Living A Healthy Life with Chronic Conditions.”



PROJECT HEALTHY BONES - Volunteer led, 24 week (1 ½ hour sessions) exercise and education program for men and women who are at risk, or who have osteoporosis. This program is designed to stabilize bone density, increase strength, balance and flexibility; and build muscle mass. Manual and ankle weights are provided.

Wanted:

Volunteer Leaders
*Free Training
Provided*

Skylands RSVP
Volunteer Resource Center

- A Matter of Balance Project Healthy Bones
- Take Control of Your Health
- Chronic Disease Self-Management
 - Diabetes Self-Management
 - Cancer Thriving and Surviving

Call or email for more information:
1-888-387-9830 • rsvp@norwescap.org

