Metro Atlanta RSVP Volunteer Opportunities

Health & Wellness Workshop Facilitator
Evidence-Based Programs

The Area Agency on Aging offers several research-based, tested programs to help older persons take control over their health and ultimately, improve quality of life. Living Well Workshops help people learn how to manage their chronic health conditions and improve their quality of life. The workshops are research-based, tested programs led by certified lay leaders that empower older persons and their caregivers to take control over their health and improve their quality of life. Volunteers are needed to work in teams of two, serving as lay leaders to facilitate these specialized workshops.

Each of these workshops can be provided at metro area locations including senior centers and residences, faith-based facilities, and parks and recreation centers:

- **Health Changes for Living with Chronic Conditions** teaches individuals how to cope with ongoing health conditions such as arthritis, fibromyalgia, high blood pressure, asthma, and more.
- **Healthy Changes for Living with Diabetes** helps individuals understand symptoms and associated complications of diabetes, the importance of medication adherence, and how to control sugar levels.
- **Powerful Tools for Caregivers** helps caregivers learn to reduce stress, communicate their needs to family members, make tough caregiving decisions, and more.
- **A Matter of Balance** is an 8-week workshop that helps individuals reduce their fear of falling, increase activity, and can reduce the number of injuries due to falls through practical lifestyle adjustments.

If you are interested in the Lay Leader training, or if you would like to schedule a Living Well Workshop in your community, contact Lynda Conner at lconner@atlantaregional.org or (470) 378-1630.