

Become a Row Your Own Boat Leader!

Alberta Health Services – Calgary is currently recruiting volunteers for the innovative **Row Your Own Boat** self-management program. This program is part of Chronic Disease Management's *Living Well* with a Chronic Condition Program that helps people living with long term health conditions.

Volunteers are needed to fill a key role within the program by leading informative, interactive workshops. The program follows a highly scripted and standardized course manual. Leaders are mentored by program staff and a co-leader.

Row Your Own Boat is a 6-week workshop where participants learn the skills to better manage living with an ongoing health condition or caring for someone with a chronic condition. Through increased knowledge and by practicing positive self-care skills, individuals learn ways to increase and / or maintain their health and life activities.

The next **Row Your Own Boat Leader Training** is **May 4, 5, 11 & 12, 2009** from 9:00 a.m. – 4:30 p.m. The training is free and for rural trainees coming into Calgary some travel expenses will be reimbursed. Individuals with an ongoing health condition or caring for someone with a chronic condition are preferred.

For more information please contact Marielle at 403-943-1772 or Email at marielle.leclair@albertahealthservices.ca .