



# Living Healthy NY

## Community Workshops

### **VOLUNTEER PEER LEADERS NEEDED!**

#### **WE NEED VOLUNTEERS**

to be trained as  
Living Healthy Peer Leaders  
to lead our  
**Chronic Disease and Diabetes  
Self-Management Programs**

#### **Do these qualities describe you?**

- ⇒ Want to make a difference
- ⇒ Friendly, positive, and open-minded
- ⇒ Enjoy helping people
- ⇒ Comfort speaking in front of small groups
- ⇒ Willing to read aloud and follow a script
- ⇒ Non-judgmental and respectful of the opinions of others
- ⇒ No Prior healthcare training necessary!

**Please consider becoming a Peer Leader!**

**Free 5-day training required**  
**Breakfast & Lunch are provided**  
**Training materials included**

The Administration on Aging and the New York State Office for the Aging help bring these key programs to our community.

#### **PEER LEADER TRAINING**

##### **WHEN:**

**April 20th, 24th, 27th  
May 1st & 4th**

##### **WHERE:**

**Schiller Park Senior Center  
2057 Genesee St  
Buffalo, NY 14211**

##### **TIME:**

**8:30AM—4:30 PM**

**For more information or to  
register for this training,  
contact us at:**



**The Erie County Department  
of Senior Services**

**Roxanne Cuebas**

**716-858-4951**

**Roxanne.cuebas@erie.gov**