



## Join the Take Charge of Your Health Team

### Would You Like to Become a Workshop Facilitator?

Workshop Facilitators often comment on the joy it brings them to see participants realize that they *can* manage their ongoing health conditions. “*Watching someone experience a light bulb moment is very special,*” Shirley shared. Shirley is a seasoned volunteer who has conducted workshops throughout Cook County.

Workshops are led by a team of two trained facilitators. Facilitators come from a variety of backgrounds and it is not necessary to have a job in the health professions to qualify as a workshop facilitator. Learning from the other people in the workshop is a crucial piece of the process.

In each two-person team, at least one facilitator has experience with an on-going health condition. This increases the two-way connection between facilitators and participants, and encourages everyone to share experiences and solutions.

#### **All facilitators must:**

- Complete four full days of training
- Complete one workshop within six months of completing the training
- Have an agreement with a licensed organization they will work under while conducting workshops

Learn more by completing the [New Facilitator Inquiry Form](#).

For more information, call AgeOptions at (800)699-9043.