



Title: Volunteer - Take Charge of Your Health Workshop Facilitator | Fit & Strong! Facilitator

Organization: AgeOptions (1048 W Lake Street, Oak Park, IL 60301) | Suburban Cook County

Organizational relationship: Report to the Health Promotion Programs Coordinator

Program Overview:

Take Charge of Your Health Programs are evidence-based workshops given two and a half hours, once a week, for six weeks. Workshops take place in community settings throughout Cook County or virtual and are presented by two trained facilitators. Volunteer facilitators will be expected to be trained in the Take Charge of Your Health Series workshops (Chronic Conditions, Cancer, Diabetes and Chronic Pain); workshops are facilitated in English and Spanish.

- Complete the Take Charge of Your Health facilitator training and subsequent cross trainings based on interest. In person leader training meets for 32 hours over 4 days, virtual leader training is 32.5 hours over 6 weeks. (Schedule varies)

Fit & Strong! is a group exercise and educational program for adults with osteoarthritis proven to reduce joint pain and stiffness, increase aerobic endurance, joint mobility, and strength. This program includes a 60-minute workout with a 30-minute group discussion and meets three times per week for eight weeks. Fitness certification preferred; experience facilitating evidence-based programs is desirable. English, Spanish and Russian speaking desired; materials provided in English and Spanish only.

- Complete the self-guided Fit & Strong! training and shadow a Fit & Strong! Workshop

Principal Duties and Responsibilities:

- Work with co-facilitator to prepare, collect materials for, and lead workshops
- Be on time, dependable, and report to workshops as scheduled
- Maintain the confidentiality and sensitivity of participant information

Qualifications: A desirable candidate is motivated and has an interest in serving others. Comfortable with public speaking, able to read, follow and deliver material from a manual. Able to facilitate at least 2 *workshops within a year of training*.

Interested? Contact the Health Promotions Team at info@ilpathwaystohealth.org