



Become a class leader!

Use your skills in a role that's fun, engaging and helps people live well even with health challenges.

Living Well with Diabetes

Juniper is looking for volunteers and professionals to be class leaders to educate, motivate and inspire.

No experience? No worries! We'll train you.

You'll co-lead this six-week workshop with another certified instructor. See back for qualifications and expectations.

September 5, 6, 12, & 13
8:00 AM – 5:00 PM

**Southeastern MN Area Agency on Aging
(SEMAAA)**

2720 Superior Dr NW
Rochester, MN 55901

Juniper Network Contract: \$170
Non-Juniper Network Contract: \$200
(Scholarships may be available upon request)

Registration Deadline: August 23, 2019



Living Well with Diabetes is designed for people living with type 2 diabetes.

Participants learn about healthy eating and exercise and how to stay motivated and manage stress. They share common concerns and problems, brainstorm solutions and set weekly plans to achieve their goals.

To register: Contact Sarah Shepherd at (651) 917-4656, sshepherd@yourjuniper.org, or fill out the online form at <https://secure.acceptiva.com/?cst=xTQdiP>

Benefits to you

- Help people with type 2 diabetes take charge of their lives by developing self-management skills.
- Meet others in your community.
- Hone your skills in managing your own health and wellness.
- Use your skills and talents to make a better, healthier community.

Qualifications

- Passionate about helping people.
- Comfortable with public speaking.
- Committed to presenting the workshop strictly as described in the leader's manual.
- (Desired) Personal experience with diabetes, or experience living with a family member with diabetes.
- (Desired) Have participated in a Living Well workshop.

Expectations

This training is offered as part of the Juniper network with the following expectations:

1. Lead at least one workshop per year in partnership with a Juniper sponsoring organization.
2. Present workshop according to the program fidelity guidelines.

