



HEALTHY LINKS
IOWA

Put Life Back into Your Life

Do you or someone you care for *struggle* to manage: diabetes, arthritis, asthma, high blood pressure, heart or lung disease, pain, depression or other on-going health conditions?

***BETTER CHOICES/BETTER HEALTH WORKSHOPS
CAN HELP....and YOU can be a Workshop Leader!***

- We are looking for people who are motivated to help themselves and to assist others to manage chronic health conditions.
- No prior teaching experience is necessary.
- Training provided at no cost-Requirement to teach 2 workshop series within one year.
- Healthy light breakfast and lunch provided.

When: June 17, 18, 24, 25, 2011*

Where: Polk County Health Department
1907 Carpenter Avenue
Des Moines, IA 50314

Time: 8:30 a.m.-4:00 p.m.

*Leaders must plan to attend and complete a four day workshop leader training for the Better Choices/Better Health under a license from Stanford University.



If you'd like to become a Workshop Leader and to register for the Leader Training Workshop, contact Polk County Health Department at 515-323-5234 or email jessica.sheets@polkcountyiowa.gov

Sponsored by:
Polk County Health Department
1907 Carpenter Avenue
Des Moines, IA 50314
www.polkcountyiowa.gov/health

