

Take Charge of Your Health

Take Charge of Your Health programs provide older adults ways to increase self-management of their ongoing health conditions. Each program is delivered by two trained volunteers who have personal experience with ongoing health conditions. All volunteers will receive free four-day training in the Take Charge of Your Health program they agree to facilitate.

Volunteer facilitators are required to conduct two six-week workshops during their first year. The weekly two-and-a-half-hour sessions take place throughout suburban Cook County.

Volunteers can also play a role as Healthy Aging Ambassadors who assist in the promotion and outreach for the program in a variety of community venues throughout suburban Cook County.

- Volunteers should be willing to travel on a weekly basis for a six-week commitment.
- Volunteers must be able to follow a scripted facilitation manual.
- Volunteers should feel comfortable facilitating small groups.
- Volunteers will receive a free four-day class leader training along with facilitation tools.
- Trained volunteers are placed within their neighboring communities whenever possible.

For information and to volunteer, contact Maria D. Oquendo-Scharneck, (708)383-0258 or takecharge@ageoptions.org.