

LEADER ASSISTANCE PROGRAM

Sponsored by the Central Missouri Regional Arthritis Center

LEADERS NEEDED

The Leader Assistance Program is available to support facilities' and leaders' capability to provide physical activity and self-management programs in underserved counties in Central Missouri.

In return, leaders are requested to provide a minimum of 2 time limited programs or 1 ongoing program within 12 months of attending training, with the goal of providing subsequent programs.

PUBLIC HEALTH PROBLEM

- ◆ Over thirty percent of Missouri adults have arthritis.
- ◆ Many Missouri adults with chronic diseases such as heart disease and diabetes also have arthritis.
- ◆ Evidence-based interventions are important for controlling symptoms, disability and medical costs related to chronic diseases such as arthritis, heart disease and diabetes.
- ◆ Rural Missouri counties have had limited access to vital evidence-based programs.
- ◆ Partners maximize program dollars when they collaborate to ensure mutually-beneficial goals.

Contact the Central Missouri Regional Arthritis Center for complete details.

Benefits

FREE training

FREE class materials

FREE incentives for your participants

Program support

A healthier community!

Central Missouri Regional Arthritis Center

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**Live like
Your
Life Depends
on it.**