

Help Improve the Health of Our Community



Become a Peer Leader

Would you like to help others better manage their health? If so, Cooper University Health Care has a great opportunity for you!

Cooper is hosting a Peer Leader Training Program. During the training, you will learn how to teach strategies and techniques proven to help motivate and empower participants with chronic conditions, such as PTSD, diabetes, pain, arthritis and more.

No previous health care training or leadership experience required.
This program is being offered to anyone with a chronic condition or caring for someone with a chronic condition.

Motivate and empower!



You'll Be Prepared to Mentor

Once trained, you will be ready to mentor others and teach skills for a healthy life, such as:

- ◆ Healthy eating and exercise
- ◆ Managing pain, fatigue, frustration and medications
- ◆ Communicating with health care professionals, family and friends
- ◆ Making decisions about treatments, and
- ◆ Problem solving.

Consider Becoming a Peer Leader

We hope you will consider becoming a volunteer Peer Leader and help others lead healthy lives.

Every Wednesday for 4 weeks beginning September 27, 2017 to October 18, 2017

9 a.m. to 5 p.m.

Cooper Camden Business Office (CCBO)
1 Federal St, Camden, NJ 08103

For more information about the Peer Leader Training Program, contact Program Coordinator, Kathy Motter, BSN, RN at

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