



Wyoming Center on  
Aging

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**FOR IMMEDIATE RELEASE**

**19 New Healthy U Leaders Certified**

Laramie, WY – The Wyoming Center on Aging (WyCOA), in partnership with the Wyoming Department of Health, conducted a training October 8<sup>th</sup> through October 11<sup>th</sup> where 19 individuals were trained to be Leaders of the Healthy U Program. Healthy U workshops are available to anyone with a chronic health condition, such as diabetes, arthritis, high blood pressure, heart disease, pain, anxiety, or depression. It is also available to anyone who cares for someone with a chronic health condition or who simply wants to learn more about improving their health. The program is provided in communities all over Wyoming and occurs over the course of six weeks. Healthy U participants learn valuable skills to help them take control of their condition and live happier, healthier lives.

The leaders were instructed by Healthy U Master Trainers Catherine Carrico and Dominick Duhamel, who manage and coordinate the program at the University of Wyoming Center on Aging. WyCOA has trained over 70 individuals to provide this program throughout Wyoming. Kelly Sugihara from the Wyoming Cancer Resource Services in Rock Springs stated, “I am honored to say that I am now a leader for the Healthy U program. I look forward to sharing this amazing program with the patients at the Cancer Center and our community. This training will help anyone continue on a healthy path while bringing awareness and accountability to our everyday actions.”

Do you have a chronic health condition or are you help care for someone with a chronic health condition? The Healthy U program may be for you. For more information and to find a local workshop, visit [healthyuwoming.org](http://healthyuwoming.org).

If you are interested in becoming a Healthy U Leader, contact Program Coordinator Dominick Duhamel at [dduhamel@uwyo.edu](mailto:dduhamel@uwyo.edu) or 307-766-2765.

Photo attached. Individuals are as listed.

Front Row (left to right): Eva Wasseen (Rock Springs), Kelly Sugihara (Rock Springs), Chrissy Jensen (Afton), Rachel Conrad (Gillette), Kim Proffit (Evanston), Jackie Grubb Green River), Cheri Bjornsrud (Ten Sleep), and Barb Bauer (Evanston)

Back Row (left to right): Becky Bercier (Ft. Washakie), Jon Fisher (Jackson), Irene Lujan (Ft. Washakie), David Stafford (Kemmerer), Nancy Stafford (Kemmerer), Kelsey Werner (Afton), Melissa Gorsuch (Gillette), Cora McGee (Ten Sleep), Kara Beech (Rock Springs), Aimee Ottley (Evanston), Catherine Caricco (Laramie), Brenda Brown (Wheatland), and Dominick Duhamel (Laramie)