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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA OF LANSING JOB POSTING

### YMCA Chronic Disease Prevention Instructor

**General Function:** Under the supervision of the Director of Strategic Partnerships and Health Innovation, the Chronic Disease Prevention Instructor provides instruction and leadership within the YMCA's Chronic Disease Prevention Programs including Blood Pressure Self-Monitoring, Cancer Survivorship, Diabetes Prevention, Enhance Fitness, and Healthy Weight for Your Child. The delivery of Chronic Disease Prevention programming will be focused on health screenings, building relationships with the community and facilitating program delivery to help people on their health and wellness journey.

This position will act as one or all of the following: Healthy Heart Ambassador for the Blood Pressure Self-Monitoring Program, Lifestyle Coach for the YMCA's Diabetes Prevention Program, and/or regular or substitute instructor for Enhance Fitness, and/or regular or substitute instructor for LIVESTRONG which is one of the cancer survivorship programs and/or regular or sub for Healthy Weight for Child. This position will be delivering programming at community sites throughout Clinton, Eaton, and Ingham Counties as well as YMCA Branches in Metropolitan Lansing. Multiple positions will be hired.

#### **Job Requirements:**

- Bachelor's degree preferably in public health, health promotion or education, or related field. Equivalent combination of education and experience accepted.
- Hold a current C.P.R./A.E.D and first aid certification.
- Possess a valid driver's license.
- Must have a dynamic, empathetic, engaging personality with strong relationship building skills.
- Possess strong organizational skills.
- Excellent communication skills.
- Strong self-starter and ability to work independently with minimal supervision.
- Proficient in Microsoft Office and experience with databases.
- Ability to track, record and ensure privacy of participant for data collection.
- Promote and represent the mission and core values of the YMCA of Lansing.
- Employment is contingent upon achieving all required YMCA or outside certifications as required under each Chronic Disease program.

#### **Position Responsibilities:**

- Deliver Chronic Disease Prevention programs at designated sites with program fidelity.
- Community outreach as needed to implement new program sites and recruit participants.
- Ongoing relationship building with partnering organizations, community leaders, and program participants.
- Leader in health and wellness initiatives.
- Maintain accurate records.
- Ensure positive program delivery and promote encouraging environment.
- Cultivate participant commitment and support retention of participants.
- Connect with Chronic Disease Prevention Coordinator on a regular basis to update on program status and progress as per any additional expectations outlined.

#### **Disclaimers:**

- This job description may not be all-inclusive and employee is expected to perform all other duties as assigned by direct management.
- Job descriptions and duties may be modified when deemed appropriate by management.

**Salary:** Part-time work schedule with a max of 28 hours a week. \$14/hr.

**Include:** Cover letter, resume, three professional references.

**Contact:** Casey Thompson, Director of Strategic Partnerships and Health Innovation, [cthompson@ymcaoflansing.org](mailto:cthompson@ymcaoflansing.org)