



# Healthy Aging Association

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## Health Educator & Outreach Worker Job Description

### **PURPOSE OF POSITION:**

- o Assist with the design and/or implementation of all fitness, nutrition, fall prevention, and social programs to enhance the quality of life of older adults.
- o Assist in the outreach of COVID-19 Vaccine Program to older adults in Stanislaus County.

### **QUALIFICATIONS:**

#### **Education and Certification:**

- AA or BA in any health-related field
- Experience in lieu of degree at the discretion of Executive Director or Health & Fitness Program Manager

#### **Experience:**

- Preferred: minimum two years' experience in fitness programs or as Fitness Program Assistant or related field, preferably with older adults.

#### **Personal Skills:**

- Dependable and punctual
- Ability to speak in front of a wide range of groups
- Be multi-tasked oriented, well organized and creative
- Ability to learn of program & components related to senior issues
- Professional manner and appearance
- Knowledgeable in Microsoft Office and Google Docs.

### **RESPONSIBILITIES:**

- Conduct/instruct classes to enhance overall health & fitness in older adults.
  - o Young at Heart Strength Training Fitness classes
  - o Fall prevention education/programs
  - o Health and Nutrition education/programs
- Make follow-up, satisfaction, and adherence calls to program participants in a timely manner.
- Works collaboratively with staff to coordinate, and present health & wellness programs.
- Present health & wellness programs at facilities, senior centers, or elsewhere in the community.
- Assist with creating assessments, compiling data, maintaining databases, reporting on programs.
- Participate in community meetings, as requested.
- Assist with marketing and fundraising.
- Additional duties as assigned.

Full Time Position: 32 - 40 hours per week

Benefits after 90-days of employment (health benefits, holiday and vacation pay)

*Position Open: 03/28/2022 and open until filled*