



Arizona Living Well Institute

Advancing Evidence-Based Programs for Arizona

Join Us in Advancing Evidence-Based Programs Across Arizona!

What is the Arizona Living Well Institute?

The Arizona Living Well Institute is a public-private partnership encompassing all sectors of the healthcare community. The mission of the Living Well Institute is to advance evidence-based programs for Arizona communities through structured communication, multi-level coordination and facilitator coaching. As part of the health education and wellness programs at Empowerment Systems, Inc., the Living Well Institute is committed to developing partnerships with like minded organizations to contribute to the overall wellbeing of individuals, families and communities across Arizona.

Programs Available

The Living Well Institute is partnered with the Arizona Department of Health Services to support the dissemination of the Healthy Living workshops throughout the state of Arizona. Healthy Living is a six week chronic disease self-management program (CDSMP) developed by Dr. Kate Lorig at Stanford University. The Living Well Institute facilitates communication, coordination, and coaching for organizations and individuals who are interested in Healthy Living .



Additionally, the Living Well Institute provides quality assurance, technical assistance and resource support for Tomando Control de su Salud (Spanish CDSMP), Healthy Living with Arthritis, Healthy Living with Diabetes, Programa de Manejo Personal de la Diabetes (Spanish Diabetes), and Better Choices, Better Health® (online CDSMP), all evidence-based self-management programs developed by Stanford University.

Partnership Development

To successfully deliver evidence-based health promotion programs throughout Arizona, we practice true collaboration and partnership with community-based organizations, healthcare systems, community health centers, senior centers, tribal and minority leaders, parks and recreation centers, employers, and providers. It takes everyone, volunteers, staff, and providers within these organizations to spread the word about the benefits of Healthy Living. Our partnerships are developed through regular communication between organizations that is facilitated by regional mentors and coordinators.

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The Arizona Living Well Institute is part of the health education and wellness programs at Empowerment Systems, Inc., a non-profit organization.

What is Healthy Living?

Healthy Living is a 6 week self-management workshop that meets once a week, for 2.5 hours per session. Each workshop is facilitated by two trained leaders following an established curriculum. This is not a lecture course; workshops are interactive with discussion encouraged.

Who should participate?

Healthy Living is designed to help people with ongoing health problems manage them more effectively. Anyone with a chronic condition such as diabetes, arthritis, heart disease, asthma, or any other on-going health problem should participate. Caregivers and family members who serve as caregivers are also welcomed.

What topics are covered?

- Dealing with difficult emotions
- Managing symptoms
- Goal setting and action planning
- Improving sleep habits
- Nutrition and reading food labels
- Understanding medications
- Making informed treatment decisions
- Increasing strength and stamina through better fitness



“We had experienced, or learned different parts of this program before, but no part alone was life changing.

But with this program structure, I am a different person than I was just 6 weeks ago!”

MDC in Goodyear, AZ

Where are the workshops held?

Workshops are held in community settings such as churches, community centers and libraries, as well as online through the internet. Workshop size is typically around 12-18 participants.

What are the benefits of Healthy Living

Healthy Living was developed by Dr. Kate Lorig at Stanford University. Workshop participants demonstrate significant improvements in the areas covered. Participants also report fewer hospitalizations and outpatient visits.



Are their other types of workshops?

Yes, workshops are available specifically for Arthritis and Diabetes as well as in Spanish and Online.

How much does it cost to attend?

Currently, most organizations offer the workshops at no charge to participants due to the grant funding with the option to buy the resource book, *Living a Healthy Life with Chronic Conditions*.

How can my facility offer Healthy Living?

Your facility can become a host site for Healthy Living as well as a source of advertising and referrals. Employees and/or volunteers can also train to become leaders to facilitate workshops at your location. Leaders' trainings are 4 days and may be coordinated through the Living Well Institute. Each trainee receives a detailed leader's manual, a copy of the textbook *Living a Healthy Life with Chronic Conditions*, a guided relaxation CD, and a leader's implementation resource manual.

To Learn More—Contact Us Today!

2066 West Apache Trail, Suite 116, Apache Junction, AZ 85120

Toll Free: 877-982-3118 Fax: 480-982-7320 Email: admin@azlwi.org

www.azlwi.org

