

Healthy Living Trainings

The Arizona Living Well Institute (AZLWI) at Empowerment Systems, Inc. is the statewide hub for Stanford University's Chronic Disease Self-Management Education (CDSME) programs. In Arizona, we refer to CDSME as Healthy Living because the workshops address more than just chronic conditions. Virtually every aspect of healthful living is considered in our multi-dimensional approach to wellness. The AZLWI system is aimed at promoting and expanding Healthy Living programs across Arizona. The system is comprised of several components including: a consortium of partner organizations involved in the delivery of workshops, Community Referral Network (CRN), workshop scheduling, delivery and evaluation, and training, certification, mentoring, and tracking of Healthy Living Leaders. This guideline is to outline the process for requesting, scheduling and registering people to be trained as Healthy Living Leaders.

Training Leaders

Training, certification and tracking Healthy Living Leaders as workshop facilitators is an essential component of the AZLWI system.



Because workshops are required to be facilitated by two certified Healthy Living Leaders, it is recommended that each partner organization have at least two trained facilitators. Healthy Living Leader trainings in each of the Healthy Living programs are available throughout the year:

- Healthy Living (CDSMP)
- Tomando Control de su Salud (Spanish CDSMP)
- Healthy Living with Diabetes (DSMP)
- Healthy Living with Chronic Pain (CPMSP)
- Master Training

Training Schedules

Training schedules can be found online at www.azlwi.org under 'Training Events in AZ.' Registration for a scheduled training can be made on the website. If there is interest in training that is not scheduled on the calendar, it can be requested by registering on a corresponding training waitlist online at www.azlwi.org under Training Events in AZ.

Licensure Options

Delivery of Healthy Living workshops and sending participants through training requires a Stanford license. Three options for licensure are available:

- Receiving a license directly through Stanford
- Buying into the AZLWI licensure
- Working under another organization who has a license directly with Stanford

More information on trainings, licensure options, how to pursue them can be found online at:

www.azlwi.org.