

## Healthy Living Workshops

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, workshop scheduling, delivery and evaluation, and training, certification, mentoring, and tracking of workshop facilitators. This guideline is to outline the Healthy Living programs available in Arizona, where they are found and how to enroll.

### Workshops Available

The suite of Healthy Living (CDSME) workshops includes:

- Healthy Living (CDSMP)
- Tomando Control de su Salud (Spanish CDSMP)
- Healthy Living with Diabetes (DSMP)
- Programa de Manejo Personal de la Diabetes (Spanish DSMP)
- Healthy Living with Chronic Pain (CPMSP)

Workshops are held once a week for 2.5 hours for six consecutive weeks and are facilitated by 2 certified Lay Leaders.

### Workshop Registration & Data Collection

AZLWI partner organizations register Healthy Living workshops online at [www.azlwi.org](http://www.azlwi.org) using the 'Workshop Registration Form.' Each workshop must have a corresponding survey packet which can be found online. Survey packets contain helpful forms including attendance sheets and pre and post evaluations. Completed survey packets should be sent to the AZLWI within two weeks of the final session of the workshop.

### Workshop Schedules

All upcoming workshops are listed online by county at [www.azlwi.org](http://www.azlwi.org) under 'workshop schedules'. Instructions on how individuals can enroll in each workshop is found online. Workshops are added to the calendar after a partner organization registers a workshop with the AZLWI.

### Workshop Referrals

Partners, outside health care providers and others, including self-referrals, can make referrals for Healthy Living Workshops through the Community Referral Network (CRN). Participants are auto assigned to workshops closest to their location and other influencing factors.

### Licensure

Delivery of Healthy Living workshops and sending participants through training requires a Stanford license. Three options for licensure are available: licensure directly from Stanford, buying into the AZLWI license or working under another organization's Stanford license. More information on these licensure options can be found online at [www.azlwi.org](http://www.azlwi.org).

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