



The Arizona Living Well Institute (AZLWI) is a statewide collaborative of individuals, businesses and organizations committed to developing an efficient and effective system of delivering the Healthy Living Workshops throughout Arizona. The Arizona Living Well Institute partners with the Arizona Department of Health Services to deliver Stanford University's Healthy Living: Chronic Disease Self-Management Education (CDSME) program statewide.

The AZLWI functions by coordinating the delivery of Healthy Living workshops, centralizing leader training, providing technical support and mentoring as well as managing and reporting outcomes data.

The Arizona Living Well Institute is part of the family of health promotion and wellness programs offered by Empowerment Systems, Inc., a 501(c)3 non-profit organization serving Arizona communities.



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www.azlwi.org



Trainings

Each Healthy Living workshop is facilitated by two trained Lay Leaders. The Arizona Living Well Institute regularly provides trainings for Lay Leaders for each Healthy Living program. Organizations wishing to have staff trained to facilitate Healthy Living workshops are encouraged to send staff to training.

Lay leader trainings are facilitated by Master Trainers. The Arizona Living Well Institute hosts a Master Training every year or two depending on demand.

More information on upcoming trainings in your area can be found at:

www.azlwi.org/forms/training-events-in-az

Workshops

The **Healthy Living (CDSME)** workshops are six week self-management workshops that meet once a week, for two and a half hours. Each workshop is facilitated by two trained leaders following an established curriculum. This is not a lecture course; workshops are interactive with discussion encouraged. Healthy Living workshops are beneficial to those with a chronic condition, caregivers and everyone looking to improve their daily health status.

Subjects covered include:

- Dealing with difficult emotions
- Managing symptoms
- Problem solving
- Nutrition

The programs offered are:

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

To attend a workshop in your area, view the schedule at:

www.azlwi.org/workshop-schedules.

Community Referral Network

The Community Referral Network, also known as the CRN, is an online software designed to expand the reach of Healthy Living programs in Arizona. Individuals can be referred to partake in a Healthy Living workshop through the CRN by anyone. This can be through a provider, behavioral health agency or friend. Once the referral is processed, the individual is matched with a local workshop. Learn more about the CRN at www.azlwi.org

Worksite Wellness

As a worksite wellness program, Healthy Living workshops can be implemented in the workplace for employees to learn how to better self-manage their conditions of a chronic disease or to live a healthier life. Research shows that employers who provide employee wellness programs have more productive employees, reduced absenteeism, and higher employee loyalty and morale.

The Arizona Living Well Institute will provide facilitators and all materials needed to implement a workshop at your workplace. Please contact support@azlwi.org for more information.