

# Healthy Living (CDSME) Phoenix Leader Trainings

**C  
D  
S  
M  
P** **Healthy Living**  
(Chronic Disease Self-  
Management Program)

September 2017  
Dates: 18, 19, 24, 25  
December 2017  
Dates: 7, 8, 14, 15  
March 2018  
Dates: 1, 2, 8, 9  
June 2018  
Dates: 7, 8, 14, 15

**D  
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P** **Healthy Living  
with Diabetes**  
(Diabetes Self-  
Management Program)

October 2017  
Dates: 26, 27  
April 2018  
Dates: 12, 13

\*Participants must be previously  
trained in Healthy Living (CDSMP)

**C  
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P** **Healthy Living with  
Chronic Pain**  
(Chronic Pain Self-  
Management Program)

February 2018  
Dates: 8, 9  
August 2018  
Dates: 9, 10

\*Participants must be previously  
trained in Healthy Living (CDSMP)

**T  
C  
S** **Tomando Control  
de su Salud**  
(Spanish Chronic Disease  
Self-Management  
Program)

November 2017  
Dates: 6, 7, 13, 14  
July 2018  
Dates: 12, 13, 19, 20

**P  
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P  
D** **Programa de  
Manejo Personal  
de la Diabetes**  
(Spanish Diabetes  
Self-Management  
Program)

January 2018  
Dates: 11, 12

\*Participants must be previously  
trained in TCS

**P  
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C** **Programa de  
Manejo Personal  
del Dolor Cronico**  
(Spanish Chronic Pain  
Self-Management  
Program)

May 2018  
Dates: 10, 11

\*Participants must be previously  
trained in TCS

FOR MORE INFORMATION  
AND TO REGISTER  
VISIT AZLWI.ORG

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 **ARIZONA**  
LIVING WELL INSTITUTE  
AT EMPOWERMENT SYSTEMS, INC