

Chronic Disease Self Management Program (CDSMP) - Healthy Living Program

What is the Healthy Living Workshop?

The Healthy Living Workshop is a 6 week self-management workshop that meets once a week, for 2 ½ hours. Each workshop is lead by 2 trained leaders. Workshops are interactive with discussion encouraged.

Who should participate?

The Workshop is designed to help people with ongoing health conditions manage them more effectively. Anyone with a chronic condition such as diabetes, depression, heart disease, asthma, or any other on-going health condition should participate. Caregivers or family members who serve as caregivers are welcomed.

What topics are covered in the Workshop?

- Dealing with difficult emotions
- Managing symptoms
- Goal setting & Problem solving
- Nutrition & Physical activity
- Understanding medications
- Making informed treatment decisions
- Increasing strength and stamina through better fitness

Benefits of the Workshop

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

How much does it cost to attend?

The Workshop is FREE due to grant funds with the option to buy course materials.

Put Life Back in Your Life

For more information on classes contact
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Put Life Back
Into Your Life

