



## Apache County Public Health Services District

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### Healthy Living (CDSMP) In-Person Workshops

#### What is the Healthy Living Workshop?

The Healthy Living Workshop is a six week self-management workshop that meets 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.

#### Who should participate?

The Workshop is designed to help people with ongoing health problems manage them more effectively. Anyone with a chronic condition such as diabetes, arthritis, heart disease, asthma, or any other on-going health problem 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
- Understanding medications
- Making informed treatment decisions
- Increasing strength and stamina through better fitness



#### Where are the workshops held?

Workshops are held in community settings such as churches, senior centers and libraries. Class size is typically around 12-18 participants.

#### 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 have fewer hospitalizations and outpatient visits.



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#### How much does it cost to attend?

Currently, the Workshop is free due to grant funds with the option to buy course materials.

#### How can my facility offer the Healthy Living Workshops?

Your facility can become a host site for the Workshop as well as a source of advertising and referrals. Employees and/or volunteers can also train to become leaders to facilitate workshops at your site. Leaders' trainings are 4 days. Each trainee receives a detailed leader's manual, a copy of the textbook *Living a Healthy Life with Chronic Conditions*, and a leader's implementation resource manual.

For more information contact:

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