

Healthy Living: Self-Management of Chronic Conditions

Take Control of Your Health!

COST	FREE		
WHAT	7-Week Workshop Series for Adults with ANY Chronic Health Condition .		
WHO	Appropriate for caregivers and/or family members and ANYONE interested in improving their overall health and well-being.		
WHEN	June 1 – July 13, 2018		
TIME	1:00 pm- 3:30 pm		
WHERE	<p>Workshop hosted by Innovation Care Partners affiliated with HonorHealth at:</p> <p>Pueblo Norte Senior Living Community 7090 East Mescal Street Scottsdale, Az. 85254</p>		
LENGTH	2.5 hours per week for 7 Fridays <i>The first week is an hour long "information and registration day" where you learn about the program and fill out paperwork.</i>		
REGISTRATION	<ul style="list-style-type: none"> - In person at site - By phone 480-500-7171 - Email CDSMP@icphealth.com <p>Register early! Space is limited! Class size is 10 to 20 participants.</p>		
WHAT I CAN EXPECT TO LEARN	<ul style="list-style-type: none"> • Making informed decisions • Pain/fatigue management • Dealing with negative emotions • Restful sleeping techniques 	<ul style="list-style-type: none"> • Setting weekly goals • Improving communications • Better breathing • Decision making 	<ul style="list-style-type: none"> • Managing symptoms • Medication usage • Relaxation techniques • Exercise and nutrition