

## Healthy Living: Self-Management of Chronic Conditions

### Take Control of Your Health!

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