

FREE WORKSHOP

Space is Limited

Take Charge of Your Health



Chronic Disease Self-Management Program

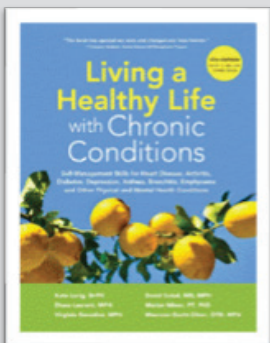
Join us for a fun, interactive workshop to learn practical ways to manage your health and feel your best.

- ✓ Action planning, problem solving and decision making
- ✓ Managing emotions and stress
- ✓ Easy ideas for eating healthier
- ✓ Adding exercise and activity to your day
- ✓ Tips for managing symptoms
- ✓ Techniques for better sleep and relaxation

WHO CAN BENEFIT?

Anyone who has a long-term health condition. **Family members, caregivers and friends are welcome.**

RESERVE YOUR SPOT TODAY!



Free 6-Week Workshop

Chronic Disease Self-Management Program

CDSMP@icphealth.com

480-681-6550

Workshop dates & locations may vary.

Led by
Trained Leaders
certified through:



HONORHEALTH®

INNOVATION
CARE PARTNERS

Frequently Asked Questions

1. Why is the workshop called Chronic Disease Self-Management Program (CDSMP)?

Chronic disease simply refers to a health condition or disease that is persistent or otherwise long lasting. The term “chronic” is often applied when the course of the condition lasts for more than three months and may get worse over time.

2. How will this workshop help me?

The workshop was originally developed at Stanford University Patient Education Research Center. When developing the program several assumptions were made.

- People with chronic conditions have similar concerns and problems
- People with chronic conditions must deal with not only their disease, but also with the impact these have on their lives and emotions
- The process or way the program is facilitated is as important, if not more important, than the subject matter that is presented.

In the 5-year research project, the program was evaluated in a randomized study involving more than 1000 subjects. The study found that people who took the program, when compared to people who did not take the program, improved their healthful behaviors (exercise, cognitive symptom management, coping, and communications with physicians), improved their health status (self-reported health, fatigue, disability, social/role activities, and health distress), and decreased their days in the hospital.

3. What qualifies the instructors to teach this workshop?

Each workshop has two instructors who have their own ongoing chronic health issues and found benefit with this workshop. The instructors go through extensive training and have been certified through the Self-Management Resource Center (SMRC), which is the organization that designed this workshop, amongst others.

4. How do I know if I qualify to attend?

This workshop is perfect for anyone that has any ongoing health issues that they deal with on a day-to-day basis or have been dealing with for a long period of time. Even if you yourself don't have any chronic health conditions, the workshop can be helpful to you if you support someone that does.

5. Why is the class 2 ½ hours? This seems like such a long time.

Participants that have attended shared that the time goes by fast. Each class is engaging, interactive and fun. Class sizes are small (never more than 16 participants) and breaks are given. The instructors are very understanding if you need to excuse yourself to take a phone call, bathroom break or even just to stretch your legs.

6. What is the cost of the workshop?

The workshop is currently offered for free. We do encourage however, that you purchase The Living a healthy Life with Chronic Conditions book that is used during the workshop. Between classes we ask that you read from the book and the book offers much more than what is covered during the six weeks. Participants shared how easy to read it is and how beneficial they have found the information.

7. What if I can't attend one of the classes because I already have something else scheduled?

Just communicate this with the instructors. We understand that things come up. If we know you will be absent, we will work with you on the material that was missed before your next class.

Chronic Disease Self-Management Workshops – 2025

If you or someone you know is interested in coming to one of our workshops, please contact us at:

Email: CDSMP@icphealth.com

Phone: 480-681-6550

Space is limited!

Workshop #1: ~~CANCELLED DUE TO LACK OF SIGN-UPS~~

Workshop #2: Instructors: Ashley, James

Location: John C Lincoln Cowden Center (Central Ave & Dunlap) - Phoenix

Class 1: Friday, May 2nd 9:00am – 11:30am

Class 2: Friday, May 9th 9:00am – 11:30am

Class 3: Friday, May 16th 9:00am – 11:30am

Class 4: Friday, May 23rd 9:00am – 11:30am

Class 5: Friday, May 30th 9:00am – 11:30am

Class 6: Friday, June 6th 9:00am – 11:30am

Workshop #3: Instructors: Damian, Karylann

Location: Bob Bove Neuroscience Institute (Scottsdale Rd & Osborn) - Scottsdale

Class 1: Thursday, June 12th 9:00am – 11:30am

Class 2: Thursday, June 19th 9:00am – 11:30am

Class 3: Thursday, June 26th 9:00am – 11:30am

Class 4: Thursday, July 3rd 9:00am – 11:30am

Class 5: Thursday, July 10th 9:00am – 11:30am

Class 6: Thursday, July 17th 9:00am – 11:30am

Workshop #4: Instructors: Cassandra, Mercedes

Location: HHMG West Union Hills (67th Ave & Union Hills) – Glendale

Class 1: Friday, June 13th 9:00am – 11:30am

Class 2: Friday, June 20th 9:00am – 11:30am

Class 3: Friday, June 27th 9:00am – 11:30am

No Class on July 4th

Class 4: Friday, July 11th 9:00am – 11:30am

Class 5: Friday, July 18th 9:00am – 11:30am

Class 6: Friday, July 25th 9:00am – 11:30am

Workshop #5: Instructors: Anita, Dominique

Location: HHMG West Bell Road (61st Ave & Bell) – Glendale

Class 1: Friday, August 1st 9:00am – 11:30am

Class 2: Friday, August 8th 9:00am – 11:30am

Class 3: Friday, August 15th 9:00am – 11:30am

Class 4: Friday, August 22nd 9:00am – 11:30am

Class 5: Friday, August 29th 9:00am – 11:30am

Class 6: Friday, September 5th 9:00am – 11:30am

More workshops on back!

Chronic Disease Self-Management Workshops – 2025

Workshop #6: Instructors:

Location: Bob Bove Neuroscience Institute (Scottsdale Rd & Osborn) - Scottsdale

Class 1: Thursday, October 2 nd	9:00am – 11:30am
Class 2: Thursday, October 9 th	9:00am – 11:30am
Class 3: Thursday, October 16 th	9:00am – 11:30am
Class 4: Thursday, October 23 rd	9:00am – 11:30am
Class 5: Thursday, October 30 th	9:00am – 11:30am
Class 6: Thursday, November 6 th	9:00am – 11:30am