

# Living Well

## Chronic Disease Self-Management



A **community-based workshop** in a small group setting helps adults become stronger and better educated in managing ongoing health conditions.

- Pain and Fatigue Management
- Dealing with Depression
- Healthy Eating and Exercise
- Medication Management
- Working with Healthcare Providers
- Goal Setting and Problem Solving

The **Living Well Chronic Disease Self-Management** course is offered as six weekly classes that offers ways to better handle chronic health conditions resulting from:

- Cardiovascular Disease
- High Blood Pressure
- Chronic Pain
- Asthma (and others)
- Stroke
- Diabetes
- Depression
- Osteoporosis
- Arthritis
- Anxiety
- Cancer
- Obesity
- Stroke

For a list of upcoming programs, visit [www.hcgh.org/events](http://www.hcgh.org/events).



[www.howardcountymd.gov/livingwell](http://www.howardcountymd.gov/livingwell)

FOR ADDITIONAL INFORMATION

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410-313-3507 (VOICE/RELAY)

If you need accommodations to participate or need this information in an alternate format, contact Maryland Access Point of Howard County at 410-313-1234 (voice/relay).

The **Living Well Chronic Disease Self-Management program** is presented through the collaborative efforts of the **Howard County Health Department; Howard County Office on Aging and Independence; and Howard County General Hospital.**