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

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).

For additional information, contact AKASHA DOTSON at adotson@howardcountymd.gov or 410-313-3507 (voice/relay).

For a list of upcoming programs, visit www.hcgh.org/events.

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.