



Howard County Resource Guide – Chronic Disease Self-Management Education Programs

The Howard County Local Health Improvement Coalition (HCLHIC) is working to connect community members to evidence-based Chronic Disease Self-Management programs to reduce diabetes and hypertension in Howard County. Partners including *Howard County General Hospital, Howard County Office on Aging and Independence and The Living Well Center of Excellence at MAC, INC.*, are working together to make these programs available. *You can help by sharing these upcoming programs!*

CHRONIC DISEASE SELF MANAGEMENT EDUCATION				
Program Name & Link	Topic	Program Description	Dates	Location
Living Well	Chronic Disease	<p>A 6-week workshop for people who live with or are at risk of having a chronic condition such as heart disease, diabetes, cancer, obesity, depression, chronic pain, arthritis, lung disease and any other health concerns.</p> <ul style="list-style-type: none"> Learn techniques to cope with feelings of frustration, fatigue, pain and isolation Develop skills to communicate more effectively with family, friends and health professionals Learn exercises to maintain and improve strength, flexibility and endurance Improve nutrition and develop healthy eating habits <p>Each session within builds upon the last, fostering skills that build confidence in managing one’s own health.</p>	<p>3/2/21 – 4/6/21 (Toolkit) 6 pm – 6:30 pm</p> <p>3/10/21 – 4/14/21 (Toolkit) 10 am – 10:30 am</p> <p>4/27/21 – 6/1/21 (Virtual) 6 pm – 8:30 pm</p> <p>5/22/21 – 6/26/21 (Virtual) 10 am – 12:30 pm</p> <p>*Must be 18 and older to attend</p>	<p>Virtual -- HCGH</p> <p>To register, call 410-992-6977 or online at hcgh.org/events</p>





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<p>Living Well With Diabetes (Toolkit)</p>	<p>Diabetes</p>	<p>A 6-week workshop for people who live with or are at risk for diabetes. If you have Type 2 Diabetes or are have been told you are at risk for prediabetes, learn techniques for better managing your health to avoid serious health problems that can result from having diabetes.</p> <ul style="list-style-type: none"> • Explore techniques to deal with the symptoms of diabetes, fatigue, pain and hyper/hypoglycemia • Understand how to manage emotional distress (e.g. depression, anger, fear and frustration) • Learn exercises for maintaining and improving strength and endurance • Discover healthy eating tips • Learn to work more effectively with your health care providers 	<p>3/16/21 – 4/20/21 10 am – 10:30 am</p> <p>3/24/21 – 4/28/21 9 am – 11:30 am</p> <p>*Must be 18 and older to attend</p>	<p>Virtual -- HCGH</p> <p>To register, call 410-992-6977 or online at hcgh.org/events</p>
<p>Living Well Tomando Control de su Salud (Toolkit)</p>		<p>This 6-week self-management program is recommended for those who have, or are at risk of developing a chronic illness, such as heart disease, diabetes, chronic pain, or other health problems. The Living Well Toolkit will be mailed to you and includes the necessary materials and activities to help you move forward at your own pace.</p> <p>Each week, you will meet with your instructor in a small group, via a 30-minute conference call, in which the progress of your self-management skills will be discussed.</p>	<p>4/24/21 – 5/29/21 10 am – 10:30 am</p> <p>5/1/21 – 6/5/21 11 am – 11:30 am</p> <p>*Must be 18 and older to attend</p>	<p>Virtual -- HCGH</p> <p>To register, call 410-992-6977 or online at hcgh.org/events</p>





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<p>Living Well with Hypertension</p>	<p>Hypertension</p>	<p>A 2.5-hour workshop designed for people who have been diagnosed with hypertension and want to learn how to better manage their condition. The following topics are covered:</p> <ul style="list-style-type: none"> • What is High Blood Pressure? • Complications Associated with Hypertension • Blood Pressure Categories • Effects of Salt/Sodium Intake • Decreasing Salt When Eating Out • Tips for Overcoming Barriers to Taking Medications • Steps and Tips for Home Monitoring • Understanding Your Numbers 	<p>Upcoming Dates to be determined.</p>	<p>Call 410-992-6977 or check back online at hcg.h.org/events for upcoming dates.</p>
<p>Living Well with Chronic Pain</p>	<p>Pain</p>	<p>The Chronic Pain Self-Management Program is a 6-week workshop that helps people who are experiencing a wide range of chronic pain conditions. Practical tools and information are shared to help develop coping skills, building participants confidence and motivation to better manage their symptoms and the daily tasks of living with chronic pain. The workshop does not conflict with other programs or treatment and is designed to enhance regular treatment.</p>	<p>Upcoming Dates to be determined.</p>	<p>Call 410-313-6202 or check back online at https://www.howardcountymd.gov/gethelp for upcoming dates.</p>





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<p>Stepping On</p>	<p>Falls Prevention</p>	<p>A seven-week, evidence-based program designed to help reduce falls and increase confidence, strength and balance. Health and community-service professionals provide expertise on balance-related issues. The small group setting encourages active discussion, decision-making and behavior changes.</p> <p>Weekly topics include:</p> <ul style="list-style-type: none"> • Falls/Risks • Safe Footwear • Review of Medications • Home Hazards/Vision • Public/Community Safety • Strength/Balance Exercises 	<p>Upcoming Dates to be determined.</p>	<p>Malarie Burgess 410-313-6073 mburgess@howardcountymd.gov</p>
<p>Stepping Up Your Nutrition</p>	<p>Nutrition, Chronic Disease, Falls Prevention</p>	<p>Malnutrition can cause muscle loss and dizziness and increase your risk of falls. If you have two or more chronic conditions, you may be at risk of malnutrition. This Stepping Up Nutrition Workshop will help participants learn what they can do to eat better and improve their health.</p>	<p>Upcoming Dates to be determined.</p> <p>*Must be 18 and older to attend</p> <p>**\$5 fee to participate</p>	<p>Howard County Department of Community Resources and Services 9830 Patuxent Woods Drive Columbia, MD 21046</p> <p>Malarie Burgess 410-313-6073 mburgess@howardcountymd.gov</p>

Are you interested in hosting a Chronic Disease Self-Management or Chronic Pain Self-Management training or class for your business, faith community, fraternity/sorority or other community group? The HCLHIC can help connect you to trained facilitators and community organizations that can help!

Contact: hlic@howardcountymd.gov or call (410) 313-6204

