

# Howard County LHIC

## Local Health Improvement Coalition

Howard County Health Department  
 8930 Stanford Blvd | Columbia, MD 21045  
 410.313.6204 - Voice/Relay  
 410.313.6108 - Fax  
 1.866.313.6300 - Toll Free  
[www.hclhic.org](http://www.hclhic.org)

The Howard County Local Health Improvement Coalition (HCLHIC) is working to increase participation in evidence-based Chronic Disease Self-Management Education programs by 20% in an effort to reduce emergency department visits related diabetes and hypertension in Howard County. HCLHIC partner organizations including: *Howard County General Hospital, Office on Aging and Independence and The Living Well Center of Excellence at MAC, INC.* are collaborating to make these programs accessible to the community. *You can help by sharing these upcoming partner programs!*

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

CHRONIC DISEASE SELF MANAGEMENT EDUCATION				
Program Name & Link	Disease type	Program Description	Dates	Location
<b>Living Well</b> <a href="https://bit.ly/2Mz9IdS">https://bit.ly/2Mz9IdS</a>	Chronic Disease	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. <ul style="list-style-type: none"> <li>Learn techniques to cope with feelings of frustration, fatigue, pain and isolation</li> <li>Develop skills to communicate more effectively with family, friends and health professionals</li> <li>Learn exercises to maintain and improve strength, flexibility and endurance</li> <li>Improve nutrition and develop healthy eating habits</li> </ul>	3/1/19, 3/8/19, 3/15/19, 3/22/19, 3/29/19, 4/5/19 10:00am – 12:30pm  *Must be 18 and older to attend	Columbia Association 6310 Hillside Ct Suit e#100 Room 2002 Columbia, MD 21046  Journey to Better Health 410-720-8788 <a href="mailto:HCGH-J2BH@jhmi.edu">HCGH-J2BH@jhmi.edu</a>
		Each session within builds upon the last, fostering skills that build confidence in managing one’s own health.	3/28/19, 4/4/19, 4/11/19, 4/18/19, 4/25/19, 5/2/19  10:00am – 12:30pm  *Must be 18 and older to attend	Elkridge 50+ Center 6540 Washington Blvd Elkridge, MD 21078  Nicole Becerra 410-313-3506 <a href="mailto:nbecerra@howardcountymd.gov">nbecerra@howardcountymd.gov</a>

# Howard County LHIC

Local Health Improvement Coalition

Howard County Health Department  
 8930 Stanford Blvd | Columbia, MD 21045  
 410.313.6204 - Voice/Relay  
 410.313.6108 - Fax  
 1.866.313.6300 - Toll Free  
[www.hclhic.org](http://www.hclhic.org)

			<p>5/3/19, 5/10/19, 5/17/19,                      5/24/19, 5/31/19, 6/7/19                      6:30 – 9:00pm</p> <p>*Must be 18 and older to attend                      *This course is offered in Spanish</p>	<p>Iglesia de Dios Pentecostal Church                      6798 Oak Hall Lane                      Columbia, MD 21045</p> <p>Journey to Better Health                      410-720-8788  <a href="mailto:HCGH-J2BH@jhmi.edu">HCGH-J2BH@jhmi.edu</a></p>
			<p>5/23/19, 5/30/19, 6/6/19,                      6/13/19, 6/20/19, 6/27/19                      4:00 – 6:30 pm</p> <p>*Must be 18 and older to attend                      *This course is offered in Chinese</p>	<p>Elkridge 50+ Center                      6540 Washington Blvd                      Elkridge, MD 21078</p> <p>Nicole Becerra                      410-313-3506  <a href="mailto:nbecerra@howardcountymd.gov">nbecerra@howardcountymd.gov</a></p>
			<p>5/25/19, 6/1/19, 6/8/19,                      6/15/19, 6/22/19, 6/29/19  <b>1:30 – 4:00pm</b></p> <p>*Must be 18 and older to attend</p>	<p>St John Baptist Church                      9055 Tamar Drive                      Columbia, MD 21045</p> <p>Journey to Better Health                      410-720-8788  <a href="mailto:HCGH-J2BH@jhmi.edu">HCGH-J2BH@jhmi.edu</a></p>
			<p>8/10/19, 8/17/19, 8/24/19,                      8/31/19, 9/7/19, 9/14/19</p> <p>*Must be 18 and older to attend</p>	<p>Elkridge 50+ Center                      6540 Washington Blvd                      Elkridge, MD 21078</p> <p>Nicole Becerra                      410-313-3506  <a href="mailto:nbecerra@howardcountymd.gov">nbecerra@howardcountymd.gov</a></p>

# Howard County LHIC

## Local Health Improvement Coalition

Howard County Health Department  
 8930 Stanford Blvd | Columbia, MD 21045  
 410.313.6204 - Voice/Relay  
 410.313.6108 - Fax  
 1.866.313.6300 - Toll Free  
[www.hclhic.org](http://www.hclhic.org)

<p><b>Living Well With Diabetes</b></p> <p><a href="https://bit.ly/2PP03ho">https://bit.ly/2PP03ho</a></p>	<p>Diabetes</p>	<p>A 6-week workshop for people who live with or are at risk of 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"> <li>• Explore techniques to deal with the symptoms of diabetes, fatigue, pain and hyper/hypoglycemia</li> <li>• Understand how to manage emotional distress (e.g. depression, anger, fear and frustration)</li> <li>• Learn exercises for maintaining and improving strength and endurance</li> <li>• Discover healthy eating tips</li> <li>• Learn to work more effectively with your health care providers</li> </ul>	<p>8/22/19, 8/29/19, 9/5/19, 9/12/19, 9/19/19, 9/26/19        4:00 – 6:30pm</p> <p>*Must be 18 and older to attend        ** Caregivers are welcome to register</p>	<p>Elkridge 50+ Center        6540 Washington Blvd        Elkridge, MD 21078</p> <p>Nicole Becerra        410-313-3506  <a href="mailto:nbecerra@howardcountymd.gov">nbecerra@howardcountymd.gov</a></p>
<p><b>Prevent T2</b></p>	<p>Diabetes</p>	<p>The Center for Disease Control (CDC) Diabetes Prevention Program is a 12-month lifestyle modification program. The program offers:</p> <ul style="list-style-type: none"> <li>• Nutritional Guidance</li> <li>• Group Support</li> <li>• Exercise Techniques</li> <li>• Information to Help Prevent or Delay Diabetes Onset</li> </ul>	<p>Start Date: 1/9/19        First 6 months: Classes meet every Wednesday        Time: 6:00 -7:00 pm        Second 6 months: Classes meet once a month*</p> <p>*meeting schedule determined by participant input</p>	<p>Abiding Savior Lutheran Church        10689 Owen Brown Road        Columbia, MD 21044</p> <p>Arleen Tate        410-992-5513  <a href="mailto:wellnessnutritionalconsultants@gmail.com">wellnessnutritionalconsultants@gmail.com</a></p>

# Howard County LHIC

Local Health Improvement Coalition

Howard County Health Department  
 8930 Stanford Blvd | Columbia, MD 21045  
 410.313.6204 - Voice/Relay  
 410.313.6108 - Fax  
 1.866.313.6300 - Toll Free  
[www.hclhic.org](http://www.hclhic.org)

<p><b>Living Well With Hypertension</b></p> <p><a href="https://bit.ly/2ofacHF">https://bit.ly/2ofacHF</a></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"> <li>• What is High Blood Pressure?</li> <li>• Complications Associated with Hypertension</li> <li>• Blood Pressure Categories</li> <li>• Effects of Salt/Sodium Intake</li> <li>• Decreasing Salt When Eating Out</li> <li>• Tips for Overcoming Barriers to Taking Medications</li> <li>• Steps and Tips for Home Monitoring</li> <li>• Understanding Your Numbers</li> </ul>	<p>1/27/19 10:00am – 12:30pm</p> <p>*Must be 18 and older to attend</p>	<p>Premier Health Express Urgent Care 9710 Patuxent Woods Dr #200, Columbia, MD 21046</p> <p>Nicole Becerra 410-313-3506 <a href="mailto:nbecerra@howardcountymd.gov">nbecerra@howardcountymd.gov</a></p>
			<p>3/16/19 9:30am – 12:00pm</p> <p>*Must be 18 and older to attend</p>	<p>Elkridge 50+ Center 6540 Washington Blvd Elkridge, MD 21078</p> <p>Nicole Becerra 410-313-3506 <a href="mailto:nbecerra@howardcountymd.gov">nbecerra@howardcountymd.gov</a></p>
			<p>4/15/19 1:00pm – 3:30pm</p> <p>*Must be 18 and older to attend</p>	<p>MultiService Center 9900 Washington Blvd, Suite I Laurel, MD 20723</p> <p>Nicole Becerra 410-313-3506 <a href="mailto:nbecerra@howardcountymd.gov">nbecerra@howardcountymd.gov</a></p>
			<p>5/14/19 4:00 – 6:30 pm</p> <p>*Must be 18 and older to attend</p>	<p>Elkridge 50+ Center 6540 Washington Blvd Elkridge, MD 21078</p> <p>Nicole Becerra 410-313-3506 <a href="mailto:nbecerra@howardcountymd.gov">nbecerra@howardcountymd.gov</a></p>
			<p>7/13/19 9:30am – 12:00pm</p> <p>*Must be 18 and older to</p>	<p>Elkridge 50+ Center 6540 Washington Blvd Elkridge, MD 21078</p>

Revised 12/14/18

[www.hclhic.org](http://www.hclhic.org)



# Howard County LHIC

Local Health Improvement Coalition

Howard County Health Department  
 8930 Stanford Blvd | Columbia, MD 21045  
 410.313.6204 - Voice/Relay  
 410.313.6108 - Fax  
 1.866.313.6300 - Toll Free  
[www.hclhic.org](http://www.hclhic.org)

			attend	Nicole Becerra 410-313-3506 <a href="mailto:nbecerra@howardcountymd.gov">nbecerra@howardcountymd.gov</a>
			11/20/19 1:00pm – 3:30pm  *Must be 18 and older to attend	Elkridge 50+ Center 6540 Washington Blvd Elkridge, MD 21078  Nicole Becerra 410-313-3506 <a href="mailto:nbecerra@howardcountymd.gov">nbecerra@howardcountymd.gov</a>
<b>Stepping Up Your Nutrition</b>  <a href="https://bit.ly/2LwMr6V">https://bit.ly/2LwMr6V</a>	Nutrition, Chronic Disease, Falls Prevention	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.	1/25/19 1:00pm – 3:30pm  *Must be 18 and older to attend  **This event is free. Morningside House is covering the \$5 cost of the workshop and materials	Morningside House of Ellicott City 5330 Dorsey Hall Drive Ellicott City, MD 21042  Malarie Burgess 410-313-6073 <a href="mailto:mburgess@howardcountymd.gov">mburgess@howardcountymd.gov</a>
			3/7/19 10:00am – 12:30pm  *Must be 18 and older to attend  **\$5 fee	The Village in Howard County Government 6061 Steven Forest Road Columbia, MD 21045  Malarie Burgess 410-313-6073 <a href="mailto:mburgess@howardcountymd.gov">mburgess@howardcountymd.gov</a>
			4/6/19 12:30pm – 3:00pm  *Must be 18 and older to attend	St. John Baptist Church 9055 Tamar Drive Columbia, MD 21045  Malarie Burgess

Revised 12/14/18

[www.hclhic.org](http://www.hclhic.org)



# Howard County LHIC

Local Health Improvement Coalition

Howard County Health Department  
 8930 Stanford Blvd | Columbia, MD 21045  
 410.313.6204 - Voice/Relay  
 410.313.6108 - Fax  
 1.866.313.6300 - Toll Free  
[www.hclhic.org](http://www.hclhic.org)

			**\$5 fee	410-313-6073 <a href="mailto:mburgess@howardcountymd.gov">mburgess@howardcountymd.gov</a>
<b>Chronic Pain Self-Management</b>  <a href="https://bit.ly/2Lu8DPa">https://bit.ly/2Lu8DPa</a>	Pain	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.	4/11/19, 4/18/19, 4/25/19, 5/2/19, 5/9/19, 5/16/19 4:00pm – 6:30pm  *Must be 18 and older to attend	Elkridge 50+ Center 6540 Washington Blvd Elkridge, MD 21078  Nicole Becerra 410-313-3506 <a href="mailto:nbecerra@howardcountymd.gov">nbecerra@howardcountymd.gov</a>

**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: [lhic@howardcountymd.gov](mailto:lhic@howardcountymd.gov) or call (410) 313-6204