



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 builds upon the last, fostering skills that build confidence in managing one’s own health.</p>	<p>Starting 06/11/22 10:30am – 1:00pm *Must be 18 and older to attend</p>	<p>Virtual – HCGH</p> <p>To register: Call: 410-740-7601 Email: HCGH-J2BH@jhmi.edu Visit: https://bit.ly/living-well-virtual</p>
			<p>Class date to be determined.</p> <p>Toolkit, Phone *Must be 18 and older to attend</p>	<p>Virtual -- HCGH</p> <p>To register: Call: 410-740-7601 Email: HCGH-J2BH@jhmi.edu Visit: https://bit.ly/living-well-virtual</p>





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<p>Living Well</p>	<p>Chronic Pain Self-Management</p>	<p>A 6-week, free community-based, interactive workshop to help adults manage chronic pain, decrease discomfort, and increase vitality by:</p> <ul style="list-style-type: none"> • Managing symptoms and challenges • Discussing medications and usage • Exploring stress and relaxation • Practicing gentle exercises • Evaluating treatment options • Goal setting and problem solving 	<p>Class date to be determined.</p>	<p>Virtual – HCGH</p> <p>To register: Call: 410-740-7601 Email: HCGH-J2BH@jhmi.edu Visit: https://bit.ly/living-well-virtual</p>
<p>Living Well Tomando Control de su Salud</p>	<p>Enfermedad crónica</p>	<p>Este programa gratuito de autogestión de 6 semanas se recomienda para quienes tienen, o corren el riesgo de desarrollar una enfermedad crónica, como una enfermedad cardíaca, diabetes, dolor crónico u otros problemas de salud. Esta invitación también es válida para las personas que cuidan de los pacientes. El Kit de herramientas Para vivir bien (Living Well Toolkit, en idioma inglés) le será enviado por correo e incluye los materiales y actividades necesarios para que pueda avanzar a su propio ritmo.</p> <p>Cada semana, usted se reunirá con su instructor en un grupo pequeño, mediante una conferencia telefónica de 30 minutos, en la cual se analizará el progreso de su capacidad de autogestión.</p>	<p>Sábados, 3/5/22 -4/9/22 10:00 am - 10:30 am Las conferencias telefónicas</p>	<p>Virtual -- HCGH</p> <p>Para inscribirse: Llame al: Lucy Reyna, 240-459-8074 Correo electrónico: lreyna1@jhu.edu Visite: https://bit.ly/TomandoControlDesuSalud</p>





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<p>Living Well With Diabetes</p>	<p>Diabetes</p>	<p>This 6-week virtual, interactive workshop allow participants to learn self-management skills such as goal setting and stress management strategies; understand glucose monitoring, skin and foot care; learn techniques to cope with feelings of frustration, fatigue, pain and isolation; develop skills to communicate more effectively with family, friends and health professional; and learn about appropriate exercise and nutrition for people with diabetes.</p>	<p>11/14/22- 06/14/22 6:00 pm – 7:30 pm</p>	<p>Virtual- HCGH</p> <p>To register: Call: 410-740-7601 Email: HCGH-J2BH@jhmi.edu Visit: https://bit.ly/livingwelldiab</p>
<p>Diabetes Support Group</p>	<p>Diabetes</p>	<p>Support is an important part of your diabetes management. This ongoing virtual Diabetes Support Group provides social and emotional support of your experience with diabetes, educational resources and discussion of topics about diabetes. Diabetes Support Group is appropriate for those with prediabetes, Type 1 and Type 2 diabetes, and caregivers.</p>	<p>1st Thursdays of every month at 6 pm 3rd Thursdays of every month at 10 am *Must be 18 and older to attend</p>	<p>Virtual – HCGH</p> <p>To register: http://bit.ly/VirtualDiabetesGroup Or contact Kristine Batty at kbatty2@jhmi.edu</p> <p>If you prefer to join Zoom by phone, please call 301-715- 8592 and use the Meeting ID that will be included in your confirmation email.</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>Class date to be determined.</p>	<p>Call 410-720-8788 or check online at hcgh.org/events for upcoming dates.</p>
<p>Cancer Self-Management</p>	<p>Cancer</p>	<p>Cancer Self-Management is a free, 6-week program delivered entirely via Zoom. Share experiences and identify solutions and tools for solving problems and creating a supportive environment. Explore real-life skills for dealing with:</p> <ul style="list-style-type: none"> • Fatigue, frustration, pain, and isolation, difficulty sleeping and living with uncertainty • Regaining and maintaining flexibility and endurance • Maintaining balanced nutrition • Treatment and complementary therapy decisions • Communication among family, friends, and health professionals • Nutrition • Setting priorities 	<p>Class date to be determined.</p> <p>*Must be 18 and older to attend</p>	<p>Virtual -- HCGH</p> <p>Call 410-720-8788 or check online at hcgh.org/events for upcoming dates.</p>





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<p>Stepping On</p>	<p>Falls Prevention</p>	<p>A 7-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>Howard County Office on Aging and Independence</p> <p>Malarie Burgess 410-313-6073 mburgess@howardcountymd.gov</p>
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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 or call (410) 313-6204

