



## Chronic Disease Self-Management Education Programs

These programs are brought to you through the collaborative efforts of the Howard County Health Department, Howard County Office on Aging and Independence, and Johns Hopkins Howard County Medical Center.

### Chronic Disease Self-Management Workshops

6-week community-based workshops to help people control their chronic health conditions (medical problems that last a long time) and improve their skills to control their long-lasting disease.

### Diabetes Self- Management Workshops

6-week community-based workshops to help people control their diabetes and reduce the problems associated with diabetes.

### Tobacco Cessation Classes

Weekly individual and group sessions to help people who want to quit tobacco. Open to anyone who lives, works or goes to school in Howard County .

### Cancer Support Groups

Weekly/monthly professional-led support groups to help cancer survivors work through the feelings and challenges they have experienced with other people who have gone through the same experiences.

**Howard County LHIC**  
Local Health Improvement Coalition



Visit [www.FindHCResources.org](http://www.FindHCResources.org) or use your cellphone camera and aim at the QR code here for more programs.



# Living Well Workshop Schedule

October 1, 2024 - December 31, 2024

- **In-person:** Small group (12-15 people) workshops that meet face-to-face for 2.5 hours once a week for six weeks
- **Virtual:** Small group (12-15 people) workshops that meet virtually (Zoom or WebEx) for 2.5 hours once a week for six weeks
- **Toolkit:** Mailed toolkit of materials with six weekly 45–60-minute small group (3-5 people) phone calls

Program	Dates	Days/Times	Modality/ Location	Language/ Coordinating Agency
Diabetes Self- Management Workshops	November 4 - December 9	Mondays 6:00pm – 7:30pm	Virtual	English JHHCMC
	November 7 - December 12	Thursdays 5:00pm – 7:30pm	In-person: Chase Brexton	English JHHCMC
	November 12 - December 17	Tuesdays 5:00pm - 7:30pm	In-person: East Columbia 50+ Center	Spanish OAI/HCHD
Chronic Disease Self-Management Workshops	November 7 - December 12	Thursdays 5:00pm – 7:30pm	n-person: Chase Brexton	English JHHCMC
	November 12 - December 17	Tuesdays 5:00pm – 5:30pm	Toolkit Conference Call	English JHHCMC
	TBD	TBD	TBD	TBD

**Howard County LHIC**  
Local Health Improvement Coalition



Visit [www.FindHCResources.org](http://www.FindHCResources.org) or use  
your cellphone camera and aim at the QR  
code here for more programs.

