



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 manage their ongoing health conditions and improve individual's self-management skills.

Diabetes Self-Management Workshops

6-week community-based workshops to help people manage their diabetes reduce the complications associated with diabetes.

Tobacco Cessation Classes

Weekly individual and group sessions at locations throughout Howard County 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've experienced with other people who have gone through similar experiences.

Howard County LHIC
Local Health Improvement Coalition



For more on these programs and additional [chronic disease self-management programs](#), use your cellphone camera and aim at the QR code here!





Chronic Disease Self-Management Education Programs

| Chronic Disease Self-Management Workshops | Diabetes Self-Management Workshops |
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| <ul style="list-style-type: none"> • Tuesdays September 12th thru October 17th 2023 <ul style="list-style-type: none"> ◦ 6:00 PM - 8:30 PM ◦ Virtual • Wednesdays October 25th thru December 6th <ul style="list-style-type: none"> ◦ 6:00 PM - 6:30 PM ◦ Conference Call | <ul style="list-style-type: none"> • Thursdays, November 2nd thru December 14th 2023 <ul style="list-style-type: none"> ◦ 6:00 PM - 8:30 PM ◦ Conference Call • Wednesdays, September 13th thru October 18th 2023 <ul style="list-style-type: none"> ◦ 12:00 PM-12:30 PM ◦ Conference Call |
| Smoking Cessation Classes | Cancer Support Groups |
| <ul style="list-style-type: none"> • Offered in the following formats <ul style="list-style-type: none"> ◦ 2 week/2 module classes ◦ Single Session Group/Individual Class ◦ Virtual ◦ For dates and times call the number below <ul style="list-style-type: none"> ▪ 410-313-6265 | <ul style="list-style-type: none"> • 2nd Monday every month <ul style="list-style-type: none"> ◦ Breast Cancer ◦ 6:30 PM - 8:00 PM ◦ Virtual • Last Monday every month <ul style="list-style-type: none"> ◦ GYN Cancer ◦ 1:00 PM - 2:15 PM ◦ Virtual |

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