



Chronic Disease Self-Management 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 classes to help people learn how to control their chronic disease (medical problems that last a long time)

Diabetes Self-Management Workshops

6-week classes to help people control diabetes and learn ways to deal with its symptoms

Tobacco Cessation Classes

Weekly individual and group classes 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 and monthly gatherings to offer support, encouragement, and comfort for cancer survivors

Howard County LHIC
Local Health Improvement Coalition



Visit www.FindHCResources.org or use your cellphone camera and aim at the QR code for more programs.





Chronic Disease Self-Management Programs

<p style="text-align: center;">Chronic Disease Self-Management Workshops</p>	<p style="text-align: center;">Diabetes Self-Management Workshops</p>
<ul style="list-style-type: none"> • Tuesdays, January 2nd thru February 6th 2024 <ul style="list-style-type: none"> ◦ 4:00 PM - 6:30 PM ◦ 6540 Washington Blvd, Elkridge, MD 21075 • Thursdays, February 1st thru March 7th 2024 <ul style="list-style-type: none"> ◦ 6:00 PM - 8:30 PM ◦ Virtual 	<ul style="list-style-type: none"> • Tuesdays, January 9th thru February 13th 2024 <ul style="list-style-type: none"> ◦ 12:00 PM - 12:30 PM ◦ Conference Call • Wednesday, February 21st thru March 27th 2024 <ul style="list-style-type: none"> ◦ 1:00 PM - 3:30 PM ◦ 7070 Cradlerock Way, Columbia, MD 21045
<p style="text-align: center;">Smoking Cessation Classes</p>	<p style="text-align: center;">Cancer Self-Management Workshops</p>
<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"> • Wednesdays, February 7th thru March 13th 2024 <ul style="list-style-type: none"> ◦ 9:00 AM - 11:30 AM ◦ 11065 Little Patuxent Pkwy, Ste. 150 Columbia, Maryland 21044

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