



## 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 Howard County General Hospital.

### 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.

### Cancer Self-Management Workshops

6-week community-based education workshops to help cancer survivors live a full and active life.

### 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
<ul style="list-style-type: none"> <li>• Thursdays March 16th thru April 20th 2023,               <ul style="list-style-type: none"> <li>◦ 6:00 PM - 8:30 PM</li> <li>◦ Virtual</li> </ul> </li> <li>• Fridays March 2 thru April 6 2023,               <ul style="list-style-type: none"> <li>◦ 10:00 AM - 12:30 PM</li> <li>◦ 6540 Washington Blvd, Elkridge, MD 21075</li> <li>◦ In-Person (Korean)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Wednesdays April 26th thru May 31st 2023,               <ul style="list-style-type: none"> <li>◦ 6:00 PM - 8:30 PM</li> <li>◦ Virtual</li> </ul> </li> <li>• Wednesdays March 15th thru April 19th 2023,               <ul style="list-style-type: none"> <li>◦ 6:00 PM - 6:30 PM</li> <li>◦ Conference Call</li> </ul> </li> </ul>
Cancer Self-Management Workshops	Cancer Support Groups
<ul style="list-style-type: none"> <li>• Thursdays May 4th thru June 8th 2023,               <ul style="list-style-type: none"> <li>◦ 6:00 PM - 8:30 PM</li> <li>◦ Virtual</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• 2nd Monday every month               <ul style="list-style-type: none"> <li>◦ Breast Cancer</li> <li>◦ 6:30 PM - 8:00 PM</li> <li>◦ Virtual</li> </ul> </li> <li>• Last Monday every month               <ul style="list-style-type: none"> <li>◦ GYN Cancer</li> <li>◦ 1:00 PM - 2:15 PM</li> <li>◦ Virtual</li> </ul> </li> </ul>

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