

# HOWARD COUNTY EVIDENCE BASED PROGRAMS

## Howard County Collaborations:

Howard County Office on  
Aging & Independence

Howard County General  
Hospital  
Journey to Better Health

Howard County Local Health  
Improvement Coalition  
(HCLHIC)

## LIVING WELL

Good health is imperative to your quality of life. This interactive, supportive approach can help participants experience positive health outcomes and improve quality of life.

### Workshops available to schedule:

- Living Well
- Living Well with Diabetes
- Living Well with Hypertension
- Living Well with Chronic Pain

## Workshop In a Box



### HC collaborators provide:

- Coordination of Leaders
- Evidence Based Curriculum
- Participant Materials
- Active promotion and marketing

### Host-Sites provide:

- Space for 22 individuals
- Tables and Chairs
- Support with promotion to members, clients, residents

**To become a Host-Site or find out more information:**

**Call 410 -313 - 3506**