

# 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.

PROGRAMS	
<b>Living Well (6weeks)</b>	Designed for people living with one or more chronic condition and/ or their caregivers. Weekly topics include techniques to handle pain, fatigue, frustration and isolation, nutrition and healthy eating, appropriate exercise, communication skills, stress management, and goal setting.
<b>Living Well with Diabetes (6weeks)</b>	Designed for people and/ or their caregivers living with type II diabetes or been told to have prediabetes. Weekly topics include goal setting, glucose monitoring, skin and foot care, stress management, communication skills, appropriate exercise, nutrition and healthy eating, maintaining a balanced blood sugar, as well as techniques to handle pain, fatigue, frustration and isolation.
<b>Living Well with Chronic Pain (6weeks)</b>	Designed for people who have a primary or secondary diagnosis of chronic pain. Weekly topics include techniques to deal with problems such as frustration, fatigue, isolation, poor sleep, appropriate exercise for maintain and improving strength, flexibility, and endurance, appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, pacing activity and rest, and how to evaluate new treatments.
<b>Living Well with Hypertension (1 session)</b>	Designed for people who have been diagnosed with hypertension or high blood pressure wanting to learn how to better manage their condition. Topics include high blood pressure risk factors, nutrition and food label guidance, sodium content in common foods, medication management.
<b>Cancer (6weeks)</b>	Designed for individuals impacted by cancer and for those caring for someone with cancer. Weekly topics include techniques to deal with problems such as frustration, fatigue, pain, isolation, living with uncertainty, appropriate exercise for regaining and maintaining flexibility, making decision about treatment and complementary therapies, communicating effectively with family, friends, and health professionals, nutrition, setting priorities, and relationships.

**To Register today**

**Call 410-313-3506  
or Visit**

[hcgh.org/events](http://hcgh.org/events)