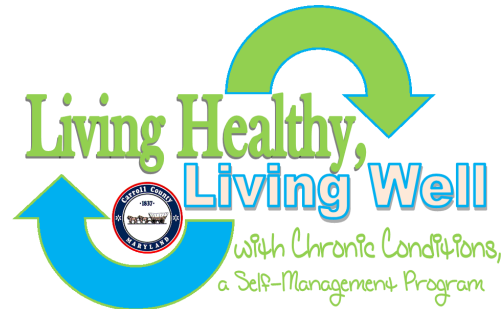




Are you sick and tired of being sick and tired? You don't have to stop doing the things you love to do. The key to getting the most out of life is learning to manage your symptoms.

Join a FREE 2 ½ hour Living Healthy, Living Well with Chronic Conditions workshop, held each week for 6 weeks.

Set your own goals and make a step-by-step plan to improve your health—and your life.

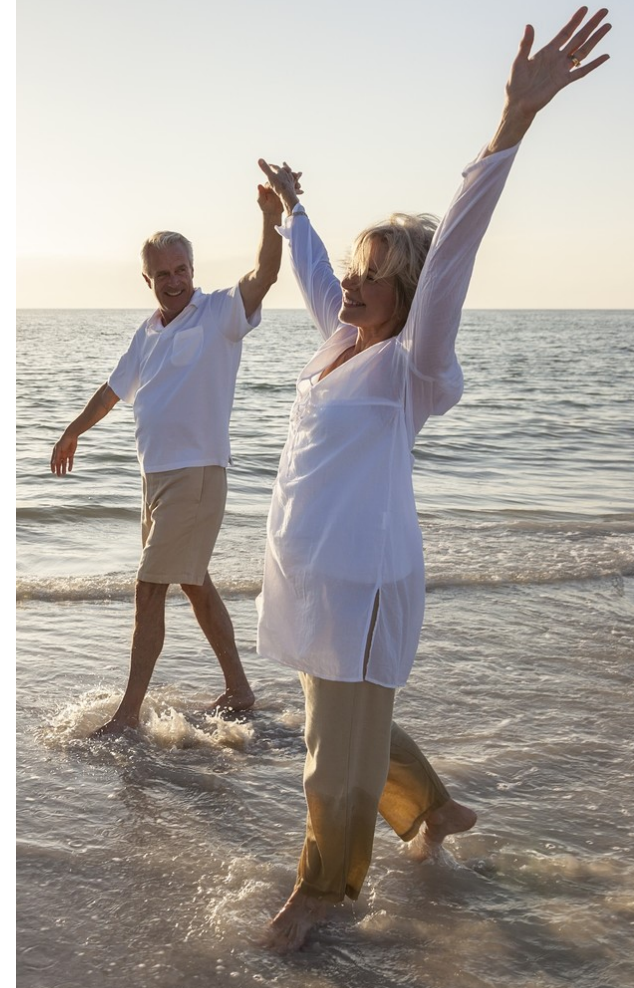


Sponsored and Offered for FREE by
Carroll County Bureau of Aging & Disabilities
125 Stoner Avenue
Westminster, MD 21157

Learn more about *Living Healthy,
Living Well with Chronic Conditions*
(an evidence-based self-management workshop
originally developed at Stanford)
410-386-3818, LivingHealthy@carrollcountymd.gov
<https://carrollcountymd.gov/LivingHealthy>

The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 or email ada@carrollcountymd.gov as soon as possible but no later than 72 hours before the scheduled event.

Living Healthy, Living Well
with Chronic Conditions



**Arthritis. High Blood Pressure.
Cancer. Depression. Diabetes.
Heart Disease. Chronic Pain.**

If you have these or any other on-going health problems, Living Healthy, Living Well can help you live a healthier life!



To register, get more information, or find out when the next workshop starts, please contact Leslie Wagner, Program Coordinator at 410-386-3818.

What is Living Healthy, Living Well with Chronic Conditions?

A six-week self-management workshop for adults of all ages who have one or more on-going health problems, or who live with someone that does.

People who took Living Healthy, Living Well showed a **27% reduction in the average number of emergency department visits.**

Led by trained leaders, some of whom have chronic conditions themselves, the program focuses on helping you feel better, have more control, and do the things you want to do.

Chronic Conditions include:

- Asthma
- Arthritis
- Cancer
- Diabetes
- Depression
- Heart disease
- High blood pressure
- Osteoporosis
- Pain and/or fatigue
- ... and others

**Six weeks.
15 hours.
A lifetime of new options
for a healthier you!**

Managing your health starts with taking care of yourself. **Living Healthy, Living Well** workshops offer you a hands-on opportunity to discover solutions that work with your life, and your health concerns.

If an ongoing health problem has kept you from doing things you want to do, you aren't alone. As many as 80% of older adults are living with at least one chronic condition. With mutual support in a **Living Healthy, Living Well** workshop, you can build confidence to make new choices and feel better. You set your goals and put new problem-solving skills to work in your own life. It's about doing what's important to you—and not just living, but **Living Healthy & Living Well!**

Living Healthy, Living Well helps you build self-confidence in your ability to manage your condition.

You'll get information and advice for:

- Healthy eating and nutrition: food label reading and meal planning
- Relaxation techniques
- Partnering with your health care provider
- Short-term goal setting
- Planning for the future
- Fitness for exercise & fun
- Feedback and problem-solving
- Stress and depression management
- Communicating effectively with friends, family, and your medical team



Taking better care of myself isn't impossible. Taking it one step at a time makes it doable.