

Live your best life and connect with others.

**Join a FREE
At-Home
SELF-MANAGEMENT
Program
Workshop
Today!**



All you need is a phone. You will meet other participants and the workshop leader in a weekly call.



You'll get a reference book, a self-test to help you decide what you want to focus on, and tips sheets to help you manage your conditions.



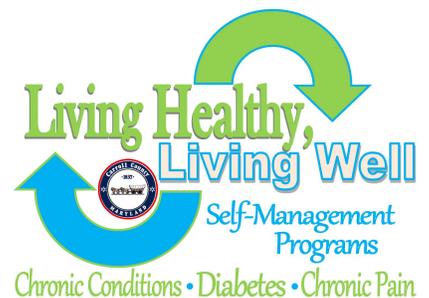
The work is done at your convenience and the 1-hour calls are scheduled over a 6-week period.

Choose between the following mailed programs to do from home at your own pace:

- **Chronic Conditions**
- **Diabetes**
- **Chronic Pain**

For more information contact:

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410-386-3818



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.