

## Board of County Commissioners

Dennis E. Frazier, President  
Stephen A. Wantz, Vice President  
C. Richard Weaver, Secretary  
Doug Howard  
Richard S. Rothschild



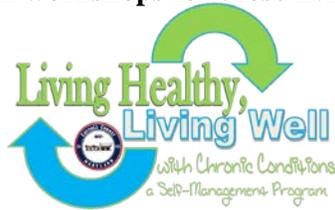
## Carroll County Government

225 North Center Street  
Westminster, Maryland 21157  
410-386-2043; 1-888-302-8978  
fax 410-386-2485  
MD Relay 711/800-735-2258

### FOR IMMEDIATE RELEASE

For more information, contact:  
Leslie Wagner, 410-386-3818

### Carroll County offers FREE workshops for those living with Chronic Conditions



**Westminster, August 23, 2018** – The Bureau of Aging & Disabilities is offering a series of free workshops as part of a self-management, Living Healthy, Living Well program for adults of all ages who have on-going health problems, or who live with someone that does. Originally developed at Stanford University, the Living Healthy, Living Well workshops are part of an evidence-based self-management program that has been proven effective in helping attendees manage their health. The workshop is held for 2 ½ hours each week for 6 weeks.

Managing your health starts with taking care of yourself. Living Healthy, Living Well workshops offer a hands-on opportunity to discover solutions that work with your life, and your health concerns. With 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. A participant from our workshops shared that the program is “informative and fun...leaders were knowledgeable and they made the sessions very enjoyable...I would highly recommend it to others living with and/or caring for someone with a chronic condition.”

Living Healthy, Living Well builds self-confidence in your ability to manage your condition. You'll receive information and advice for healthy eating and nutrition, relaxation techniques, short-term goal setting, planning for the future, feedback and problem-solving, stress and depression management and communicating effectively with friends, family and your medical team.

This fall Carroll County will be offering both a day and evening workshop series at the Westminster Senior & Community Center (125 Stoner Avenue):

- Tuesdays, September 11 – October 16, 2018 from 9:00 to 11:30am
- Wednesdays, September 12 – October 17, 2018 from 5:30 to 8:00pm

Call Leslie Wagner, Program Coordinator, at 410-386-3818 or email [LivingHealthy@carrollcountymd.gov](mailto:LivingHealthy@carrollcountymd.gov) to register or visit the Bureau of Aging & Disabilities website at <http://ccgovernment.carr.org/ccg/aging/> for more information.

## CARROLL COUNTY

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](mailto:ada@carrollcountymd.gov) as soon as possible but no later than 72 hours before the scheduled event.