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Carroll County Government

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FOR IMMEDIATE RELEASE

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Carroll County offers FREE Health Management Workshops that have proven effective throughout the World!

Westminster, October 16, 2017 – A series of free workshops, offered by Carroll County's Bureau of Aging & Disabilities, is not only improving lives in Carroll County, but throughout the world. Offered in 49 states and 15 countries, over 300,000 Americans attended 24,500 workshops in the last 10 years. Carroll County is proud to be one of 175 local organizations offering the workshops in Maryland. 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.

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, 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.

Carroll County's next series of free workshops will be:

- Tuesdays, October 24th through November 28th from 9 a.m. to 11:30 a.m. at South Carroll Senior & Community Center, 5928 Mineral Hill Road, Sykesville
- Wednesdays, November 1st through December 6th from 9 a.m. to 11:30 a.m. at Taneytown Senior & Community Center, 220 Roberts Mill Road, Taneytown

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



CARROLL COUNTY

ACCESSIBILITY NOTICE: 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, 1.888.302.8978, MD Relay 7-1-1/1.800.735.2258 or email ada@cgc.carr.org as soon as possible but no later than 72 hours before the scheduled event.