

Board of County Commissioners

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Carroll County Government

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FOR IMMEDIATE RELEASE

Contact: Leslie Wagner
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Carroll County offers FREE workshops for those living with Chronic Conditions

Westminster, August 24, 2017 – The Bureau of Aging & Disabilities is offering a series of free workshops as part of a self-management program for those living with chronic conditions. 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 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.

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.

Our next series of free workshops will be Thursdays, September 14th to October 19th from 1 p.m. to 3:30 p.m. at the North Carroll Senior and Community Center, 2328 Hanover Pike, Hampstead. Call Leslie Wagner, Program Coordinator, at 410-386-3818 or email LivingHealthy@cgg.carr.org to register or visit the Bureau of Aging & Disabilities website at cggovernment.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@cgg.carr.org as soon as possible but no later than 72 hours before the scheduled event.