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Carroll County Government

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FOR IMMEDIATE RELEASE

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

Carroll County offers FREE workshops for those living with Chronic Conditions



Westminster, February 19, 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 spring Carroll County will be offering workshop series at all 5 Senior & Community Centers:

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 as soon as possible but no later than 72 hours before the scheduled event.

- South Carroll (5928 Mineral Hill Road, Sykesville) – Fridays, March 1 – April 5, 2019 from 9:00 to 11:30am
- Westminster (125 Stoner Avenue, Westminster) – Tuesdays, March 19 – April 23, 2019 from 9:00 to 11:30am
- North Carroll (2328 Hanover Pike, Hampstead) – Thursdays, March 21 – April 25, 2019 from 12:30 to 3:00pm
- Taneytown (220 Roberts Mill Road, Taneytown) – Mondays, April 8 – May 13, 2019 from 9:00 to 11:30am
- Mt. Airy (703 Ridge Avenue, Mt. Airy) – Wednesdays, April 10 – May 15 from 12:30 to 3:00pm **(DIABETES ONLY)**

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