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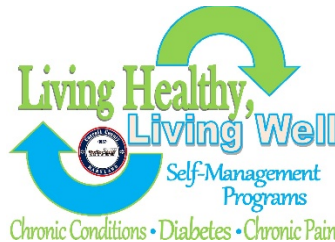
Carroll County Government

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FOR IMMEDIATE RELEASE

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

Carroll County Now Offering FREE Workshops for Those Living with Chronic Pain and Chronic Conditions



Westminster, MD, Monday, September 9, 2019 – The Bureau of Aging & Disabilities will begin offering Chronic Pain Self-Management, a series of free workshops for adults of all ages who have on-going health problems, chronic pain, 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 and pain. The workshop is held for 2 ½ hours each week.

Living Healthy, Living Well workshops offer a hands-on opportunity to discover solutions that work with your life, health concerns, and pain. With support in a Living Healthy, Living Well workshop, you can build confidence to make new choices and feel better. Participants create weekly action plans, share experiences and help each other solve problems in creating and implementing their personal self-management program.

This fall Carroll County will offer the following workshop series:

- Mt. Airy Senior & Community Center (703 Ridge Avenue, Mt. Airy) – Wednesdays, September 18 – October 23 from 12:30 to 3:00pm (**Chronic Disease**)
- Brightview Westminster Ridge (505 High Acre Drive, Westminster) – Fridays, September 13 – December 6 from 9:00 to 11:30am (**Chronic Disease and Chronic Pain**)
- Carroll County Health Department (290 S. Center Street), Westminster) – Wednesdays, September 25 – December 18 from 5:00 to 7:30pm (**Chronic Disease and Chronic Pain**)

Call Leslie Wagner, Program Coordinator, at 410-386-3818 or email

LivingHealthy@carrollcountymd.gov to register or visit the [Bureau of Aging & Disabilities website](#) 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 as soon as possible but no later than 72 hours before the scheduled event.