

Board of County Commissioners

Stephen Wantz, *President*
Richard Weaver, *Vice President*
Dennis Frazier, *Secretary*
Douglas 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

Contact: Erin Inman, Project Coordinator
410-386-3818

Living Well...Take Charge of Your Health, offered in partnership with Carroll Hospital

Westminster, MD, September 12, 2016 – Living Well...Take Charge of Your Health, is a chronic disease self management program (CDSMP) from Stanford University. The program is open to adults, 18 years and over, who are experiencing chronic health conditions such as high blood pressure, diabetes, arthritis, chronic pain, heart disease, stroke or cancer. Family members, friends and caregivers are also invited to participate.

Workshops are facilitated by trained lay-leaders and meet for two and one-half hours, once a week for six weeks. Participants make weekly action plans, share experiences and help each other solve problems they encounter in creating and implementing their self management program. Topics covered in the workshop include: nutrition, exercise, relaxation methods, dealing with fatigue, pain and frustration and effective communication with your healthcare provider.

The next workshop will be offered on Thursdays, October 6th – November 10th from 9 a.m. to 11:30 a.m. at the Mt. Airy Health and Wellness Pavilion, 504 E. Ridgeville Blvd., Mt. Airy, MD 21771. Additional workshops are being planned and will be offered at various locations throughout the county.

There is no cost for the workshop. Space is limited and pre-registration is required. For more information or to register, please contact Erin Inman at the Bureau of Aging & Disabilities at 410-386-3818 or [e-mail](#).

###

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

CARROLL COUNTY

a great place to live, a great place to work, a great place to play