

The Howard County Local Health Improvement Coalition (HCLHIC) is working to increase participation in evidence-based Chronic Disease Self-Management Education programs by 20% in an effort to reduce emergency department visits related diabetes and hypertension in Howard County. HCLHIC partner organizations including: *Howard County General Hospital, Office on Aging and Independence and The Living Well Center of Excellence at MAC, INC., and others* are collaborating to make these programs accessible to the community. *You can help by sharing these upcoming partner programs!*

Howard County Resource Guide – Chronic Disease Self-Management Education Programs

CHRONIC DISEASE SELF MANAGEMENT EDUCATION				
Program Name & Link	Disease type	Program Description	Dates	Location
Living Well	Chronic Disease	A 6-week workshop for people who live with or are at risk of having a chronic condition such as heart disease, diabetes, cancer, obesity, depression, chronic pain, arthritis, lung disease and any other health concerns. <ul style="list-style-type: none"> Learn techniques to cope with feelings of frustration, fatigue, pain and isolation Develop skills to communicate more effectively with family, friends and health professionals Learn exercises to maintain and improve strength, flexibility and endurance Improve nutrition and develop healthy eating habits Each session within builds upon the last, fostering skills that build confidence in managing one’s own health.	3/1/19, 3/8/19, 3/15/19, 3/22/19, 3/29/19, 4/5/19 10:00am – 12:30pm *Must be 18 and older to attend	Columbia Association 6310 Hillside Ct Suit e#100 Room 2002 Columbia, MD 21046 Journey to Better Health 410-720-8788 HCGH-J2BH@jhmi.edu
			3/28/19, 4/4/19, 4/11/19, 4/18/19, 4/25/19, 5/2/19 10:00am – 12:30pm *Must be 18 and older to attend	Elkridge 50+ Center 6540 Washington Blvd Elkridge, MD 21075 Nicole Becerra 410-313-3506 nbecerra@howardcountymd.gov

Howard County LHIC

Local Health Improvement Coalition

Howard County Health Department
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			<p>4/17/19, 4/27/19, 5/1/19, 5/8/19, 5/15/19, 5/22/19 1:00 – 3:30 pm</p> <p>*Must be 18 and older to attend *This course is offered in Spanish</p>	<p>Ellicott City 50+ Center 9401 Frederick Road Ellicott City, MD 21042</p> <p>Nicole Becerra 410-313-3506 nbecerra@howardcountymd.gov</p>
			<p>5/3/19, 5/10/19, 5/17/19, 5/24/19, 5/31/19, 6/7/19 6:30 – 9:00pm</p> <p>*Must be 18 and older to attend *This course is offered in Spanish</p>	<p>Iglesia de Dios Pentecostal Church 6798 Oak Hall Lane Columbia, MD 21045</p> <p>Journey to Better Health 410-720-8788 HCGH-J2BH@jhmi.edu</p>
			<p>5/23/19, 5/30/19, 6/6/19, 6/13/19, 6/20/19, 6/27/19 4:00 – 6:30 pm</p> <p>*Must be 18 and older to attend *This course is offered in Chinese</p>	<p>Elkridge 50+ Center 6540 Washington Blvd Elkridge, MD 21075</p> <p>Nicole Becerra 410-313-3506 nbecerra@howardcountymd.gov</p>

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			<p>5/25/19, 6/1/19, 6/8/19, 6/15/19, 6/22/19, 6/29/19 1:30 – 4:00pm</p> <p>*Must be 18 and older to attend</p>	<p>St John Baptist Church 9055 Tamar Drive Columbia, MD 21045</p> <p>Journey to Better Health 410-720-8788 HCGH-J2BH@jhmi.edu</p>
			<p>8/10/19, 8/17/19, 8/24/19, 8/31/19, 9/7/19, 9/14/19</p> <p>*Must be 18 and older to attend</p>	<p>Elkridge 50+ Center 6540 Washington Blvd Elkridge, MD 21075</p> <p>Nicole Becerra 410-313-3506 nbecerra@howardcountymd.gov</p>
Living Well With Diabetes	Diabetes	<p>A 6-week workshop for people who live with or are at risk of If you have Type 2 Diabetes or are have been told you are at risk for prediabetes, learn techniques for better managing your health to avoid serious health problems that can result from having diabetes.</p> <ul style="list-style-type: none"> • Explore techniques to deal with the symptoms of diabetes, fatigue, pain and hyper/hypoglycemia • Understand how to manage emotional distress (e.g. depression, anger, fear and frustration) • Learn exercises for maintaining and improving 	<p>3/8/19, 3/15/19, 3/22/19, 3/29/18, 4/5/19, 4/12/19 10:00 am – 12:30 pm</p> <p>*Must be 18 and older to attend ** Caregivers are welcome to register</p>	<p>Patuxent Woods Community Resource Campus 9830 Patuxent Woods Road Columbia, MD 21046</p> <p>Nicole Becerra 410-313-3506 nbecerra@howardcountymd.gov</p>

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		<p>strength and endurance</p> <ul style="list-style-type: none"> • Discover healthy eating tips • Learn to work more effectively with your health care providers 	<p>8/22/19, 8/29/19, 9/5/19, 9/12/19, 9/19/19, 9/26/19 4:00 – 6:30pm</p> <p>*Must be 18 and older to attend ** Caregivers are welcome to register ***This course is offered in Spanish</p>	<p>Elkridge 50+ Center 6540 Washington Blvd Elkridge, MD 21075</p> <p>Nicole Becerra 410-313-3506 nbecerra@howardcountymd.gov</p>
Prevent T2	Diabetes	<p>The Center for Disease Control (CDC) Diabetes Prevention Program is a 12-month lifestyle modification program. The program offers:</p> <ul style="list-style-type: none"> • Nutritional Guidance • Group Support • Exercise Techniques • Information to Help Prevent or Delay Diabetes Onset 	<p>Start Date: 1/9/19 First 6 months: Classes meet every Wednesday Time: 6:00 -7:00 pm Second 6 months: Classes meet once a month*</p> <p>*meeting schedule determined by participant input</p>	<p>Abiding Savior Lutheran Church 10689 Owen Brown Road Columbia, MD 21044</p> <p>Arleen Tate 410-992-5513 wellnessnutritionalconsultants@gmail.com</p>
Living Well With Hypertension	Hypertension	<p>A 2.5 hour workshop designed for people who have been diagnosed with hypertension and want to learn how to better manage their condition. The following topics are covered:</p> <ul style="list-style-type: none"> • What is High Blood Pressure? • Complications Associated with Hypertension • Blood Pressure Categories • Effects of Salt/Sodium Intake 	<p>2/28/19 4:00 – 6:00 pm</p> <p>*Must be 18 and older to attend</p>	<p>Howard County General Hospital 5755 Cedar Lane Columbia, MD 21044</p> <p>Nicole Becerra 410-313-3506 nbecerra@howardcountymd.gov</p>

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	<ul style="list-style-type: none"> Decreasing Salt When Eating Out Tips for Overcoming Barriers to Taking Medications Steps and Tips for Home Monitoring Understanding Your Numbers 	3/16/19 9:30am – 12:00pm *Must be 18 and older to attend	Elkridge 50+ Center 6540 Washington Blvd Elkridge, MD 21075 Nicole Becerra 410-313-3506 nbecerra@howardcountymd.gov
		4/15/19 1:00pm – 3:30pm *Must be 18 and older to attend	MultiService Center 9900 Washington Blvd, Suite I Laurel, MD 20723 Nicole Becerra 410-313-3506 nbecerra@howardcountymd.gov
		5/14/19 4:00 – 6:30 pm *Must be 18 and older to attend	Elkridge 50+ Center 6540 Washington Blvd Elkridge, MD 21075 Nicole Becerra 410-313-3506 nbecerra@howardcountymd.gov
		7/13/19 9:30am – 12:00pm *Must be 18 and older to attend	Elkridge 50+ Center 6540 Washington Blvd Elkridge, MD 21075 Nicole Becerra 410-313-3506 nbecerra@howardcountymd.gov
		11/20/19 1:00pm – 3:30pm	Elkridge 50+ Center 6540 Washington Blvd Elkridge, MD 21075



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Living Well With Cancer: Thriving and Surviving	Cancer	<p>Designed for individuals impacted by cancer and for those caring for someone with cancer. Weekly topics include:</p> <ul style="list-style-type: none"> • Techniques to deal with problems such as frustration, fatigue, pain, isolation, living with uncertainty • Appropriate exercise for regaining and maintaining flexibility • Making decision about treatment and complementary therapies • Communicating effectively with family, friends, and health professionals • Nutrition • Setting priorities • Relationships. 	<p>4/26/19, 5/3/19, 5/10/19, 5/17/19, 5/24/19, 5/31/19 9:30 am – 12:00 pm</p> <p>*Must be 18 and older to attend</p> <p>**Caregivers are also welcome to attend</p>	<p>Glenwood 50+ Center 2400 Route 97 Cooksville, MD 21723</p> <p>Nicole Becerra 410-313-3506 nbecerra@howardcountymd.gov</p>
Stepping On	Falls Prevention	<p>A seven-week, evidence-based program designed to help reduce falls and increase confidence, strength and balance. Health and community-service professionals provide expertise on balance-related issues. The small group setting encourages active discussion, decision-making and behavior changes.</p> <p>Weekly topics include:</p> <ul style="list-style-type: none"> • Falls/Risks • Safe Footwear • Review of Medications • Home Hazards/Vision • Public/Community Safety • Strength/Balance Exercises 	<p>3/13/19, 3/20/19, 3/27/19, 4/3/19, 4/10/19, 4/17/19, 4/24/19 1:30 – 3:30 pm</p> <p>*Must be 18 and older to attend</p>	<p>Elkridge 50+ Center 6540 Washington Blvd Elkridge, MD 21075</p> <p>Malarie Burgess 410-313-6073 mburgess@howardcountymd.gov</p>

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Stepping Up Your Nutrition	Nutrition, Chronic Disease, Falls Prevention	Malnutrition can cause muscle loss and dizziness and increase your risk of falls. If you have two or more chronic conditions, you may be at risk of malnutrition. This Stepping Up Nutrition Workshop will help participants learn what they can do to eat better and improve their health.	2/12/19 6:30pm – 9:00pm *Must be 18 and older to attend **\$5 fee	AAA Physical Therapy 6955 Oakland Mills Road Suite E Columbia, MD 21045 Malarie Burgess 410-313-6073 mburgess@howardcountymd.gov
			3/7/19 10:00am – 12:30pm *Must be 18 and older to attend **\$5 fee	The Village in Howard County Government 6061 Steven Forest Road Columbia, MD 21045 Malarie Burgess 410-313-6073 mburgess@howardcountymd.gov
			4/6/19 12:30pm – 3:00pm *Must be 18 and older to attend **\$5 fee	St. John Baptist Church 9055 Tamar Drive Columbia, MD 21045 Malarie Burgess 410-313-6073 mburgess@howardcountymd.gov
Chronic Pain Self-Management	Pain	The Chronic Pain Self-Management Program is a 6-week workshop that helps people who are experiencing a wide range of chronic pain conditions. Practical tools and information are shared to help develop coping skills, building participants confidence and motivation to better manage their symptoms and the daily tasks of living with chronic pain. The workshop does not conflict with other	3/8/19, 3/15/19, 3/22/19, 3/29/19, 4/5/19, 4/12/19 1:00pm – 3:30pm	East Columbia Branch Library Marvin Thomas Room 6600 Cradlerock Way Columbia, MD 21045 Journey to Better Health 410-720-8788 HCGH-J2BH@jhmi.edu

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		programs or treatment and is designed to enhance regular treatment.	4/11/19, 4/18/19, 4/25/19, 5/2/19, 5/9/19, 5/16/19 4:00pm – 6:30pm *Must be 18 and older to attend	Elkridge 50+ Center 6540 Washington Blvd Elkridge, MD 21078 Nicole Becerra 410-313-3506 nbecerra@howardcountymd.gov
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Are you interested in hosting a Chronic Disease Self-Management or Chronic Pain Self-Management training or class for your business, faith community, fraternity/sorority or other community group? The HCLHIC can help connect you to trained facilitators and community organizations that can help!
Contact: lhic@howardcountymd.gov or call (410) 313-6204