



Chronic Disease Self-Management Education Programs

These programs are brought to you through the collaborative efforts of the Howard County Health Department, Howard County Office on Aging and Independence, and Johns Hopkins Howard County Medical Center.

Chronic Disease Self-Management Workshops

6-week community-based workshops to help people control their chronic health conditions (medical problems that last a long time) and improve their skills to control their long-lasting disease.

Diabetes Self-Management Workshops

6-week community-based workshops to help people control their diabetes and reduce the problems associated with diabetes.

Tobacco Cessation Classes

Weekly individual and group sessions to help people who want to quit tobacco. Open to anyone who lives, works or goes to school in Howard County .

Cancer Support Groups

Weekly/monthly professional-led support groups to help cancer survivors work through the feelings and challenges they have experienced with other people who have gone through the same experiences.

Howard County LHIC
Local Health Improvement Coalition



Visit www.FindHCResources.org or use your cellphone camera and aim at the QR code here for more programs.



Living Well Workshop Schedule

February 1, 2025 – April 30, 2025

The Living Well Programs are presented through the collaborative efforts of the Howard County Health Department (HCHD), Howard County Office on Aging and Independence (OAI) and John Hopkins Howard County Medical Center (JHHCMC).

- **In-person:** Small group (12-15 people) workshops that meet face-to-face for 2.5 hours once a week for six weeks
- **Virtual:** Small group (12-15 people) workshops that meet virtually (Zoom or WebEx) for 2.5 hours once a week for six weeks
- **Toolkit:** Mailed toolkit of materials with six weekly 30–45-minute small group (3-5 people) phone or zoom calls

Program	Dates	Days/Times	Modality/ Location	Language/ Coordinating Agency
Chronic Disease Self-Management Workshops	March 20 – April 24	Thursdays 10:00am – 12:30pm	In-Person/ Ellicott City 50+ Center	Korean/ OAI
	April 1 – May 6	Tuesdays 4:00pm – 4:30pm	Toolkit	English/ JHHCMC
Diabetes Self-Management Workshops	February 20 – March 27	Thursdays 12:00pm – 12:30pm	Toolkit	English/ JHHCMC
	March 24 – April 28	Mondays 12:00pm – 12:30pm	Toolkit	English/ JHHCMC
	April 8 – May 7	Tuesdays 5:30pm – 8:00pm	In-Person/ Elkrigde 50+ Center	Spanish/ OAI
Chronic Pain Workshop	March 19 – April 23	Wednesdays 1:00pm – 3:30pm	Virtual	English/ OAI