



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.

Healthy Hearts Ambassador (HHA) Program

4-month program providing self-monitoring, lifestyle coaching, and nutrition education to help adults manage high blood pressure. Community workshops held every other week.

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.



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