



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

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

CHRONIC DISEASE SELF MANAGEMENT EDUCATION				
Program Name & Link	Topic	Program Description	Dates	Location
Living Well With Chronic Disease	Chronic Disease	<p>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.</p> <ul style="list-style-type: none"> <li>Learn techniques to cope with feelings of frustration, fatigue, pain and isolation</li> <li>Develop skills to communicate more effectively with family, friends and health professionals</li> <li>Learn exercises to maintain and improve strength, flexibility and endurance</li> <li>Improve nutrition and develop healthy eating habits</li> </ul> <p>Each session within builds upon the last, fostering skills that build confidence in managing one's own health.</p>	<p>1/30/20 - 3/5/20 2:00 pm - 4:30 pm</p> <p>*Must be 18 and older to attend</p>	<p>Parkview Community Room 7070 Cradlerock Way Columbia, MD 21045</p> <p><b>Park View at Columbia Residents only</b></p>
			<p>3/3/20 - 4/7/20 5:30 pm - 8:00 pm</p> <p>*Must be 18 and older to attend</p>	<p>St. John Baptist Church 9055 Tamar Dr Columbia, MD 21045</p> <p><i>To register, call 410-992-6977 or online at <a href="http://hcg.org/events">hcg.org/events</a></i></p>
			<p>3/4/20 - 4/8/20 2:00 pm - 4:30 pm</p> <p>*Must be 18 and older to attend</p>	<p>Parkview Community Room 7070 Cradlerock Way Columbia, MD 21045</p> <p><b>Park View at Columbia Residents only</b></p>
			<p>4/17/20 - 5/22/20 1:00 pm - 3:30 pm</p>	<p>Ellicott City 50+ Center 9401 Frederick Rd, Ellicott City, MD 21042</p>



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			<p>*Must be 18 and older to attend **<i>Course offered in Korean</i></p>	<p>To register, call 410-313-3506 or online at <a href="http://www.howardcountymd.gov/livingwell">www.howardcountymd.gov/livingwell</a></p>
			<p>7/11/20 – 8/15/20 10:00 am - 12:30 pm</p> <p>*Must be 18 and older to attend</p>	<p>Christ Episcopal Church 6800 Oakland Mills Rd Columbia, MD 21045</p> <p>To register, call 410-313-3506 or online at <a href="http://hcgh.org/events">hcgh.org/events</a></p>
			<p>8/4/20 – 9/8/20 5:30 pm - 8:00 pm</p> <p>*Must be 18 and older to attend</p>	<p>St. John Baptist Church 9055 Tamar Dr Columbia, MD 21045</p> <p>To register, call 410-992-6977 or online at <a href="http://hcgh.org/events">hcgh.org/events</a></p>
Living Well With Diabetes	Diabetes	<p>A 6-week workshop for people who live with or are at risk for diabetes. 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"> <li>Explore techniques to deal with the symptoms of diabetes, fatigue, pain and hyper/hypoglycemia</li> <li>Understand how to manage emotional distress (e.g. depression, anger, fear and frustration)</li> <li>Learn exercises for maintaining and improving</li> </ul>	<p>3/28/20 - 5/2/20 10:00 am - 12:30 pm</p> <p>*Must be 18 and older to attend</p>	<p>Howard County Department of Community Resources and Services 9830 Patuxent Woods Drive Columbia, MD 21046</p> <p>To register, call 410-313-3506 or online at <a href="http://hcgh.org/events">hcgh.org/events</a></p>
			<p>04/25/20 - 05/30/20 9:30am – 12:00pm</p> <p>*Must be 18 and older to attend</p>	<p>Elkridge 50+ Center 6540 Washington Blvd Elkridge, MD 21075</p> <p>To register, call 410-313-3506 or online at <a href="http://hcgh.org/events">hcgh.org/events</a></p>



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		<p>strength and endurance</p> <ul style="list-style-type: none"> <li>Discover healthy eating tips</li> <li>Learn to work more effectively with your health care providers</li> </ul>	<p>04/28/20 - 06/02/20 6:00pm – 8:30pm</p> <p>*Must be 18 and older to attend</p>	<p>East Columbia Library Marvin Thomas Room 6600 Cradlerock Way Columbia, MD 21045</p> <p><i>To register, call 410-313-3506 or online at <a href="http://hcg.h.org/events">hcg.h.org/events</a></i></p>
			<p>05/02/20 - 06/13/20 10:00am – 12:30pm</p> <p>*Must be 18 and older to attend</p>	<p>Christ Episcopal Church 6800 Oakland Mills Rd Columbia, MD 21045</p> <p><i>To register, call 410-313-3506 or online at <a href="http://hcg.h.org/events">hcg.h.org/events</a></i></p>
<p><b>Living Well with Hypertension</b></p>	<p>Hypertension</p>	<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"> <li>What is High Blood Pressure?</li> <li>Complications Associated with Hypertension</li> <li>Blood Pressure Categories</li> <li>Effects of Salt/Sodium Intake</li> <li>Decreasing Salt When Eating Out</li> <li>Tips for Overcoming Barriers to Taking Medications</li> <li>Steps and Tips for Home Monitoring</li> <li>Understanding Your Numbers</li> </ul>	<p>02/25/20 05:30pm – 8:00pm</p> <p>*Must be 18 and older to attend</p>	<p>St. John Baptist Church 9055 Tamar Dr Columbia, MD 21045</p> <p><i>To register, call 410-992-6977 or online at <a href="http://hcg.h.org/events">hcg.h.org/events</a></i></p>
			<p>03/24/20 05:30pm – 8:00pm</p> <p>*Must be 18 and older to attend</p>	<p>Elkridge 50+ Center 6540 Washington Blvd Elkridge, MD 21075</p> <p><i>To register, call 410-313-3506 or online at <a href="http://hcg.h.org/events">hcg.h.org/events</a></i></p>

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Living Well with Chronic Pain	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 programs or treatment and is designed to enhance regular treatment.	03/18/20 - 04/22/20 1:00pm - 3:30pm  *Must be 18 and older to attend	Elkridge 50+ Center 6540 Washington Blvd Elkridge, MD 21075  <i>To register, call 410-313-3506 or online at <a href="http://www.howardcountymd.gov/livingwell">www.howardcountymd.gov/livingwell</a></i>
			04/02/20 - 04/23/20 2:30pm - 4:00pm  *Must be 18 and older to attend <b>**Course offered in Korean</b>	Parkview Community Room 7070 Cradlerock Way Columbia, MD 21045  <b>Park View at Columbia Residents only</b>
Stepping On	Falls Prevention	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. Weekly topics include: <ul style="list-style-type: none"> <li>• Falls/Risks</li> <li>• Safe Footwear</li> <li>• Review of Medications</li> <li>• Home Hazards/Vision</li> <li>• Public/Community Safety</li> <li>• Strength/Balance Exercises</li> </ul>	02/21/20, 02/28/20, 03/06/20, 03/13/20, 03/20/20, 03/27/20, 04/03/20 1:30 – 3:30 pm  *Must be 18 and older to attend <b>**\$28 includes all days and educational materials. Payable by cash or check</b>	Miller’s Grant 9000 Fathers Legacy Ellicott City, MD 21042  Malarie Burgess 410-313-6073 <a href="mailto:mburgess@howardcountymd.gov">mburgess@howardcountymd.gov</a>
			05/13/20, 05/20/20, 05/27/20, 06/03/20, 06/10/20, 06/17/20, 06/24/20 1:30 – 3:30 pm  *Must be 18 and older to attend <b>**\$28 includes all days and</b>	Miller’s Grant 9000 Fathers Legacy Ellicott City, MD 21042  Malarie Burgess 410-313-6073



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			educational materials. Payable by cash or check	<a href="mailto:mburgess@howardcountymd.gov">mburgess@howardcountymd.gov</a>
			3/19/20, 03/26/20, 04/02/20, 04/09/20, 04/16/20, 04/23/20, 04/30/20 2:00 – 4:00 pm  *Must be 18 and older to attend	7070 Cradlerock Way Columbia, MD 21045 Parkview Community Room  <b>Park View at Columbia Residents only</b>
			04/18/20, 04/25/20, 05/02/20, 05/09/20, 05/16/20, 05/23/20, 05/30/20 1:00 – 3:00 pm  *Must be 18 and older to attend **\$28 includes all days and educational materials. Payable by cash or check	AAA Physical Therapy 6955 Oakland Mills Rd, Suite E, Columbia, MD 21045  Malarie Burgess 410-313-6073 <a href="mailto:mburgess@howardcountymd.gov">mburgess@howardcountymd.gov</a>
			09/11/20, 09/18/20, 09/25/20, 10/02/20, 10/09/20, 10/16/20, 10/23/20 10:00 – noon  *Must be 18 and older to attend **\$28 includes all days and educational materials. Payable by cash or check	Watermark Place Condos 10001 Windstream Dr Columbia, MD 21044  Malarie Burgess 410-313-6073 <a href="mailto:mburgess@howardcountymd.gov">mburgess@howardcountymd.gov</a>





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<b>Stepping Up Your Nutrition</b>	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.	01/28/20 10:00am – 12:30pm  *Must be 18 and older to attend **\$5 fee to participate	Howard County Department of Community Resources and Services 9830 Patuxent Woods Drive Columbia, MD 21046  <i>Malarie Burgess</i> 410-313-6073 <a href="mailto:mburgess@howardcountymd.gov">mburgess@howardcountymd.gov</a>
			02/19/20 2:00pm – 4:30pm  *Must be 18 and older to attend	7070 Cradlerock Way Columbia, MD 21045 Parkview Community Room  <b><i>Park View at Columbia Residents only</i></b>
			02/21/20 10:00am – 12:30pm  *Must be 18 and older to attend **\$5 fee to participate	Howard County Department of Community Resources and Services 9830 Patuxent Woods Drive Columbia, MD 21046 Room 337  <i>Malarie Burgess</i> 410-313-6073 <a href="mailto:mburgess@howardcountymd.gov">mburgess@howardcountymd.gov</a>
			03/12/20 10:00am – 12:30pm  *Must be 18 and older to attend **\$5 fee to participate	N. Laurel 50+ Center 9411 Whiskey Bottom Road Laurel, MD 20723  <i>To register, call 410-313-3506 or online at <a href="http://hcg.h.org/events">hcg.h.org/events</a></i>
			04/24/20 1:00pm – 3:30pm	Elkridge 50+ Center 6540 Washington Blvd





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			<p>*Must be 18 and older to attend **\$5 fee to participate</p>	<p>Elkridge, MD 21075 <i>To register, call 410-313-3506 or online at <a href="http://www.howardcountymd.gov/livingwell">www.howardcountymd.gov/livingwell</a></i></p>
			<p>04/29/20 2:00pm – 4:30pm  *Must be 18 and older to attend</p>	<p>7070 Cradlerock Way Columbia, MD 21045 Parkview Community Room  <b><i>Park View at Columbia Residents only</i></b>  Malarie Burgess 410-313-6073 <a href="mailto:mburgess@howardcountymd.gov">mburgess@howardcountymd.gov</a></p>

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](mailto:lhic@howardcountymd.gov) or call (410) 313-6204

