Living Well

Chronic Disease Self-Management







A FREE, community-based workshop in a small group setting helps adults become stronger and better educated in managing ongoing health conditions.

- Pain and Fatigue Management
- Dealing with Depression
- Healthy Eating and Exercise
- Medication Management
- Working with Healthcare Providers
- Goal Setting and Problem Solving

HopeWorks of Howard County

9770 Patuxent Woods Drive Suite 300, Columbia 21046

6 Tuesdays • August 11 to September 15, 2026 • 1:30 to 4 p.m.

to register, or for additional information:
HEATHER SITES, hsites@howardcountymd.gov or 410-313-3507
or TORI RAIN, Director of Community Engagement (hopeworks)
train@hopeworksofhc.org 410-997-0304, ext. 7742

If you need accommodations to participate or need this information in an alternate format, contact Maryland Access Point (MAP) at 410-313-1234 (voice/relay) or map@howardcountymd.gov.

Howard County
Office on Aging and Independence

The Living Well Chronic Disease Self-Management program is presented through the collaborative efforts of the Howard County Health Department; Howard County Office on Aging and Independence; and Johns Hopkins Howard County Medical Center.