



## **Department of Aging and Disabilities**

Carol R. Baker, Ph.D.

Director

2666 Riva Road, Suite 400

Annapolis, Maryland 21401

410 222-4464 ext. 3025

<http://www.aacounty.org/Aging>

**County Executive John R. Leopold**

For Immediate Release

Mary P. Felter, Public Information Officer

410-222-4464, Ext. 3051; [mfelter@aacounty.org](mailto:mfelter@aacounty.org)

### **Living Healthy with Chronic Conditions**

Annapolis, MD (Dec. 9, 2010) -- The Department of Aging and Disabilities graduated 36 individuals last year in its new program, "Living Healthy with Chronic Conditions," a self-management workshop for adults to help them to manage their chronic conditions. These include diabetes, arthritis, high blood pressure, obesity, chronic pain or anxiety, and heart disease.

The free workshops will continue this month and next at various sites. They meet once a week for six weeks and each lasts about 2½ hours. Presenters will share techniques to deal with frustration, fatigue, pain, and isolation. Learn about appropriate exercise and medications, communication with family and health professionals, nutrition, and evaluation of new treatments.

An evidence-based program developed by Stanford University and Northern California Kaiser Permanente, it has shown a beneficial effect on physical and emotional outcomes and health-related quality of life. Participants reported decreased disability and fatigue, increased energy, lower health distress, more exercise and relaxation, and fewer social role limitations.

A Chronic Disease Workshop will be held at Glen Square Senior Housing in Glen Burnie from 1 to 3:30 p.m. Tuesdays, Jan. 18 through Feb. 22. Another one will be held from 9:30 a.m. to noon Fridays, Jan. 21 through Feb. 25 at the Arnold Senior Activity Center, 44 Church Road, Arnold.

A Diabetes Self Management Workshop will be held from 1 to 3:30 p.m. Wednesdays, Jan. 19 through Feb. 23 at Our Lady of Sorrows Catholic Church, 101 Owensville Road, West River.

Adults with chronic conditions of any age are welcome to participate, as well as caregivers. For information, call Pam Toomey, program coordinator, at 410-222-4366, Ext. 3057, or e-mail [agtoom88@aacounty.org](mailto:agtoom88@aacounty.org). Anyone requiring accommodations should call 410-222-4366 seven days in advance of the workshop. TTY users should call via Maryland Relay 7-1-1.

*- Making Life Better -*