



County Executive John R. Leopold

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>

For Immediate Release

Mary P. Felter, Public Information Officer

410-222-4464, Ext. 3051; mfelter@aacounty.org

Living Healthy with Chronic Conditions

Annapolis, MD (Jan. 14, 2011) -- The county Department of Aging and Disabilities will present a free six-week workshop series from 9:30 a.m. to noon Fridays, Jan. 21 through Feb. 25, at the Arnold Senior Activity Center, 44 Church Road, Arnold. "Living Healthy with Chronic Conditions" is a self-management program for adults to help them to handle their chronic conditions. These include diabetes, arthritis, high blood pressure, obesity, chronic pain or anxiety, and heart disease.

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.

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. 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 -