



Department of Aging and Disabilities

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For Immediate Release

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Living Well with Chronic Conditions

Annapolis, MD (May 17, 2011) -- The county Department of Aging and Disabilities will present a free six-week workshop series from 9:30 a.m. to noon Tuesdays, June 21 through Aug. 2, with no class on July 5. The “Living Well with Chronic Conditions” classes will be at the Annapolis Senior Activity Center, 119 S. Villa Ave., Annapolis. This 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. Additional workshops will be offered in the Fall.

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 -

- May is Older Americans Month -