



## Department of Aging and Disabilities

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For Immediate Release

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### **Living Well: A Chronic Disease Self-Management Program**

Annapolis, MD (Oct. 10, 2011) – The Life Center at Hospice of the Chesapeake has joined with the Anne Arundel County Department of Aging and Disabilities to present a life-affirming workshop for caregivers living with a chronic condition.

“Often those who are taking care of individuals who are ill are themselves coping with a chronic condition such as diabetes, heart disease, arthritis, or depression and anxiety,” says Karen Frank, director of the Life Center. “This six-week workshop series can help individuals cope with pain, isolation, stress, and fatigue among other conditions.”

“The workshops deal with problem-solving, physical activity and exercise, better breathing, and muscle relaxation,” says Pam Toomey, who directs the program for the Department of Aging and Disabilities. “It also covers pain and fatigue management, future plans for healthcare, healthy eating, and communication skills. People find they are healthier when they take control.”

The free series will be offered from 10 a.m. to 12:30 p.m. Thursdays, Oct. 20 and 27, Nov. 3, 10 and 17, and Dec. 1 at the Life Center, 445 Defense Highway, Annapolis. The evidenced-based program was developed by Stanford University and the Northern California Kaiser-Permanente.

To register, contact Mrs. Toomey at 410-222-4366 or e-mail her at [agtoom88@aacounty.org](mailto:agtoom88@aacounty.org).

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