



Department of Aging and Disabilities

Pamela A. Jordan

Director

2666 Riva Road, Suite 400

Annapolis, Maryland 21401

441-222-4464

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

Start the New Year by Living Well with Your Chronic Condition

Annapolis, MD (Jan. 5, 2012) – Free workshops on “Living Well with Chronic Conditions” are offered in February and March by the Anne Arundel County Department of Aging and Disabilities in conjunction with local organizations. Adults with chronic conditions of any age are welcome to participate, as well as caregivers of individuals with chronic conditions.

“Chronic conditions can be anything from high blood pressure to diabetes, arthritis, COPD, and/or chronic pain,” says Pam Toomey, coordinator of the program at the county Department of Aging and Disabilities. “A chronic disease is a medical condition that can cause suffering and loss of physical abilities over many years. Any one of these can be difficult to manage, and a lot of people are managing several chronic conditions at one time.”

Registration is underway now for the six-week self-management workshop series where “you learn how to manage the symptoms that go along with a chronic disease. You will learn techniques to help you manage pain, fatigue, depression, stress, and anxiety,” Mrs. Toomey says. “You meet once a week and re-gain control of your life. This is a wonderful way to start the New Year with feeling better. People who have taken this workshop series are so pleased with the results.”

Participants will learn:

- Appropriate exercise for maintaining strength, flexibility, and endurance.
- Appropriate use of medications.
- How to communicate effectively with health professionals and family members.
- How to eat healthier.
- How to evaluate new treatments, and planning for the future.

Workshops will be held at:

- Brooklyn Park Senior Activity Center, 202 Hammonds Lane, Brooklyn Park, from 1 to 3:30 p.m. Mondays, Feb. 6, 13, 20, and 27 and March 5 and 12.
- Anne Arundel Medical Center Health Sciences Pavilion, 2000 Medical Parkway, Annapolis, from 9:30 a.m. to noon Tuesdays, Feb. 7, 14, 21, and 28, and March 6 and 13.
- The Life Center, 445 Defense Highway, Annapolis, from 10 a.m. to 12:30 p.m. on Wednesdays, Feb. 8, 15, 22, and 29 and March 7 and 14.
- Anne Arundel Medical Center Health Sciences Pavilion, 2000 Medical Parkway, Annapolis, from 5:30 to 8 p.m. Thursdays, Feb. 9, 16, and 23 and March 1, 8 and 15.
- Glen Forest Senior Apartments, 7975 Crain Highway, Glen Burnie, from 1 to 3:30 p.m. Fridays, Feb. 10, 17, and 24 and March 2, 9, and 16.

Workshops space is limited. To register, contact Mrs. Toomey at 410-222-4366, Ext. 3057, or e-mail her at agtoom88@aacounty.org or go online to www.aacounty.org/aging and scroll down to the workshop series information.

- Making Life Better -