



Department of Aging and Disabilities

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For Immediate Release

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Start living well

Annapolis, MD (Jan. 26, 2012) – Free workshop series on “Living Well with Chronic Conditions” start the first of February at Anne Arundel Medical Center and the Life Center in Annapolis. Held in partnership with the Anne Arundel County Department of Aging and Disabilities, the workshops are open to adults with chronic conditions of any age as well as caregivers of individuals with these health issues.

These conditions can be anything from high blood pressure to diabetes, arthritis, COPD, and/or constant pain. They can cause suffering and loss of physical abilities over many years. Any one of these can be difficult to manage, and many people are handling several conditions at one time.

Learn how to manage the symptoms while you meet just once a week for six weeks, including appropriate exercise, healthy nutrition, use of medications, and communication with your family and medical professionals.

Workshops will be held at Anne Arundel Medical Center in Annapolis from 9:30 a.m. to noon Tuesdays, Feb. 7 through March 13, and another series from 5:30 to 8 p.m. Thursdays, Feb. 9 through March 15. A third series will be held at The Life Center, 445 Defense Highway, Annapolis, from 10 a.m. to 12:30 p.m. on Wednesdays, Feb. 8 through March 14.

To register, call 410-222-4366, Ext. 3057, or e-mail agtoom88@aacounty.org or go online to www.aacounty.org/aging and scroll down to the workshop information.

- Making Life Better -