

Anne Arundel County Department of Aging and Disabilities Presents:



ACTIVE LIVING WITH CHRONIC CONDITIONS TOOLKIT

ACTIVE LIVING WITH CHRONIC CONDITIONS TOOLKIT is a FREE virtual workshop. This is a Chronic Disease Self-Management Program which offers a mailed toolkit and virtual follow up meeting for 6 weeks.

This program helps those who have been diagnosed with chronic health issues such as heart disease, arthritis, diabetes, asthma, depression, or any other physical or mental health conditions.

Participants learn:

- *self-management skills of action planning and problem solving
- *about healthy eating
- *modes of exercise, *how to manage stress levels.

Where: Your Home via ZOOM

Dates: July 6, 13, 20, & 27 and August 3 & 10

Time: 12:00 or 7:00 pm

To register: agpizzillo00@aacounty.org



Anyone needing accommodations must contact Penny Tilghman at 410-222-0268 or by email at agtilg88@aacounty.org at least 7 days in advance of the event. TTY users, please call via Maryland relay 7-1-1. All materials are available in alternate forms upon request.