FREE CLASS	DESCRIPTION	LOCATION	DATES	TIME
Chronic Disease Self-Management Chronic Disease Self-Management	Evidence-based workshops designed for people living with one or more chronic conditions and/or caregivers. Weekly topics include fatigue, frustration and isolation, nutrition and healthy eating, appropriate exercise, communication skills, stress management, and goal setting.	Morningside Park Independent Senior Living (English)	10/3/25- 11/7/25	12:30 - 3 p.m. (6 Fridays)
		Ellicott City 50+ Center (Korean)	2/19/26- 3/26/26 <u>A20351.601</u>	10 a.m 12:30 p.m. (6 Thursdays)
		Lutheran Village at Miller's Grant (English)	3/17/26- 4/21/26	1 - 3:30 p.m. (6 Tuesdays)
		East Columbia 50+ Center (Korean)	4/16/26- 5/21/26 <u>A20351.702</u>	9:30 a.m Noon (6 Thursdays)
		HopeWorks of Howard County (English)	8/11/26- 9/15/26	1 - 3:30 p.m. (6 Tuesdays)
Living Diabetes Self-Management Diabetes Self-Management	Evidence-based workshops designed for people living with type II diabetes and/or their caregivers. Weekly topics include glucose monitoring, skin/foot care, exercise, nutrition and healthy eating, and maintaining a balanced blood sugar.	Howard County Library, Central Branch (Spanish)	10/4/25- 11/8/25 <u>A20351.504</u>	10:30 a.m 1 p.m. (6 Saturdays)
		Bain 50+ Center (Korean)	10/9/25- 11/13/25 <u>A20351.502</u>	9:30 a.m Noon (6 Thursdays)
		Ellicott City 50+ Center (Chinese)	10/16/25- 11/20/25 <u>A20351.503</u>	11 a.m 1:30 p.m. (6 Thursdays)
		LOCATION TBA (Spanish)	2/18/26- 3/25/26 <u>A20351.603</u>	9:30 a.m Noon (6 Wednesdays)
		Bain 50+ Center (English)	4/7/26- 5/12/26 <u>A20351.701</u>	1 - 3:30 p.m. (6 Tuesdays)
Chronic Pain Self-Management Chronic Pain Self-Management	Evidence-based workshops designed for people with a primary diagnosis of chronic pain. Topics include managing symptoms and challanges, evaluating treatment options, balancing activity and rest.	Virtual (English)	2/11/26- 3/18/26 <u>A20351.602</u>	1 to 3:30 p.m. (6 Wednesdays)



The Living Well program is presented through the collaborative efforts of the Howard County Health Department; Howard County Office on Aging and Independence; and Johns Hopkins Howard County Medical Center. To request this schedule in an alternate format or accommodations to participate, contact Heather Sites at 410-313-3507 (voice/relay) or hsiteshowardcountymd.gov.