

FREE CLASS	DESCRIPTION	LOCATION	DATES	TIME
 Chronic Disease Self-Management	Evidence-based workshops designed for people living with one or more chronic conditions and/or their caregivers. Weekly topics include fatigue, frustration, and isolation, nutrition and healthy eating, appropriate exercise, communication skills, stress management, and goal setting.	Vantage Point Residents	10/5/24 to 11/9/24	9:30am to Noon
		Virtual (English)	1/16/25 to 2/20/25 (A07350.100) Register	5:30 to 8 p.m. (Six Thursdays)
		Ellicott City 50+ Center (Korean)	3/20-25 to 4/24/25 (A20351.200) Register	10 a.m. to 12:30 p.m. (Six Thursdays w/lunch))
		Elkridge 50+ Center (Korean)	5/8-25 to 6/12/25 (A02352.300) Register	10 a.m. to 12:30 p.m. (Six Thursdays w/lunch)
		East Columbia 50+ Center (English)	8/5/25 to 9/9/25 (A04354.400) Register	10 a.m. to 12:30 p.m. (Six Tuesdays w/lunch)
 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.	North Laurel 50+ Center (English)	10/8/24 to 11/12/24 (A06360.100) Register	9:30 a.m. to noon (Six Tuesdays)
		Ellicott City 50+ Center (Korean)	10/10/24 to 11/14/24 (A02361.100) Register	9:30 a.m. to noon (Six Thursdays)
		East Columbia (Spanish)	11/12/24 to 12/17/24 (A04362.100) Register	5 to 7:30 p.m. (Six Tuesdays)
		Elkridge 50+ Center (Spanish)	4/8/25 to 5/13/25 (A05363.300) Register	5:30 to 8 p.m. (Six Tuesdays)
		First Korean Presbyterian Church(Korean)	5/6/25 to 6/10/25 A07364.300	9:30 a.m. to noon (Six Tuesdays)
 Chronic Pain Self-Management	Evidence-based workshops designed for people with a primary diagnosis of chronic pain. Topics include managing symptoms and challenges, evaluating treatment options, balancing activity, and rest.	Virtual (English)	1/8/25 to 2/12/25 (A20371.200) Register	1 to 3:30 p.m. (Six Wednesdays)