

FREE CLASS	DESCRIPTION	LOCATION	DATES	TIME
 <b>Chronic Disease Self-Management</b>	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.	<b>Morningside Park Independent Senior Living</b> (English)	10/3/25- 11/7/25	12:30 - 3 p.m. (6 Fridays)
		<b>Ellicott City 50+ Center</b> (Korean)	2/19/26- 3/26/26 <a href="#">A20351.601</a>	10 a.m.- 12:30 p.m. (6 Thursdays)
		<b>Lutheran Village at Miller's Grant</b> (English)	3/17/26- 4/21/26	1 - 3:30 p.m. (6 Tuesdays)
		<b>East Columbia 50+ Center</b> (Korean)	4/16/26- 5/21/26 <a href="#">A20351.702</a>	9:30 a.m. - Noon (6 Thursdays)
		<b>HopeWorks of Howard County</b> (English)	8/11/26- 9/15/26	1 - 3:30 p.m. (6 Tuesdays)
 <b>Diabetes Self-Management</b>	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.	<b>Howard County Library, Central Branch</b> (Spanish)	10/4/25- 11/8/25 <a href="#">A20351.504</a>	10:30 a.m. - 1 p.m. (6 Saturdays)
		<b>Bain 50+ Center</b> (Korean)	10/9/25- 11/13/25 <a href="#">A20351.502</a>	9:30 a.m.- Noon (6 Thursdays)
		<b>Ellicott City 50+ Center</b> (Chinese)	10/16/25- 11/20/25 <a href="#">A20351.503</a>	11 a.m.- 1:30 p.m. (6 Thursdays)
		<b>LOCATION TBA</b> (Spanish)	2/18/26- 3/25/26 <a href="#">A20351.603</a>	9:30 a.m.- Noon (6 Wednesdays)
		<b>Bain 50+ Center</b> (English)	4/7/26- 5/12/26 <a href="#">A20351.701</a>	1 - 3:30 p.m. (6 Tuesdays)
 <b>Chronic Pain Self-Management</b>	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.	<b>Virtual</b> (English)	2/11/26- 3/18/26 <a href="#">A20351.602</a>	1 to 3:30 p.m. (6 Wednesdays)