



# Living Well

*Manage Your Symptoms and Live Your Life Your Way*

**Tuesdays Starting Feb. 9**

**1:30 to 4 p.m.**

**Lexington Park Library**

or

**Mondays Starting March 14**

**6 to 8:30 p.m.**

**Health Connections**

Do you have on-going conditions such as high blood pressure, high cholesterol, asthma, cardiovascular disease or diabetes that are difficult for you to manage? The Living Well Self Management Workshop, a Stanford University Program, can help you take charge of your life again! This six-week workshop will teach you many different tools to help you manage long-term conditions impacting your daily living.

## **Topics covered will include:**

- Nutrition
- Dealing with Pain and Fatigue
- Medication Usage
- Communicating with Physicians
- Physical Activity
- Self Management Skills
- Distractions Techniques
- ... and Many More Topics!



**MedStar St. Mary's  
Hospital**

**For more information or to register,  
call 301-475-6019.**