



Living Well

Manage Your Symptoms and Live Your Life Your Way

Thursdays Starting Aug. 4

1:30 to 4:00 p.m.

Loffler Senior Activity Center

Mondays Starting Oct. 17

12:30 to 3:00 p.m.

Northern Senior Activity Center

Mondays Starting Sept. 19

6:00 to 8:30 p.m.

MSMH Health Connections

For more information or to register, call 301-475-4200 ext ★1063

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

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**


ST. MARY'S COUNTY
DEPARTMENT OF AGING & HUMAN SERVICES
Working Together ~ Caring About You