



# Living Well

*Manage Your Symptoms and Live Your Life Your Way*

*Mondays Starting March 20, 2017*

*6:00pm – 8:30pm*

*MedStar St. Mary's Hospital Health Connections*

*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*