



Living Well

Manage Your Symptoms and Live Your Life Your Way

Fall Workshop: Mondays starting October 9, 2017 6:00pm – 8:30pm

Location: MedStar St. Mary's Hospital

For more information or to register: Call Health Connections at 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**