



"Living Well - Take Charge of Your Health"

The Living Well Program is Maryland's version of Stanford University's Chronic Disease Self Management Program and we are hard at work to bring it to Cecil County. This program is for anyone with a chronic health problem (diabetes, high blood pressure, COPD, cancer, etc.) and will help you learn how to live better in the midst of your circumstances. Living Well is a six week program that will meet once a week for two hours. It will be led by volunteers with chronic conditions who have been trained and provided with everything they need to conduct a successful class.

The Living Well program covers: 1) how to deal with frustration, fatigue, pain and isolation; 2) appropriate exercise for maintaining and improving strength, flexibility and endurance; 3) appropriate use of medications; 4) communicating effectively with family, friends and health care professionals; 5) nutrition; 6) how to evaluation new treatments. Participants will also focus on using three important skills: action planning, disease related problem solving, and decision making.

There are a couple of ways you can be part of this life changing program. We are in need of volunteers who are interested in leading sessions, and we are also looking for folks with chronic diseases (or those who care for someone with a chronic disease) to attend the sessions. Please call for more information (410-996-8437) or email Linda Tull - ltull@ccgov.org.

The Perfect Gift!

HEALTHY LIFESTYLES FITNESS CENTER

(For Adults 55+!)

200 Chesapeake Blvd., Suite 2500

Elkton, MD 21921

(410) 620-3101



GIFT CERTIFICATE

Recipient _____ Date _____

Length of Membership _____

Given by _____

HLFC Signature _____

Call 410-620-3101 for more information!

Community Service News

Linda Tull, Supervisor



I'm gearing up for my holiday shopping and I think I'm already in trouble. Things are tight this year so I'm trying to decide what to do. Should I cut back on my gift list? Or, do I throw caution to the wind and support my local merchants? What I don't want to do is become so worried about shopping that I miss the Christmas season with all of its meaning.

If you're interested in slowing down a little and spending more time with friends, we have some events coming up that might be just what the doctor ordered!



December 10th is our **Annual Christmas Dinner and Concert** with the Upper Chesapeake Community Band at the Elkton Center. Dinner is served at 5:00 and the concert begins at 7:00. It's a nice evening filled with a good meal and the Christmas music you love. On a lighter note, you might want to sign up for the **December 17th** presentation of **"The Comic and the Crooner" - A Tribute to Jerry Lewis and Dean Martin!**



On **January 7th**, we'll take a trip to **Delaware Park** and stay for lunch. Then we'll sit back the rest of the month and enjoy the following presentations at the Elkton Center:

January 14: "Heart Disease and You" by Christiana Hospital

January 21: "US History" Presented by University of Delaware

February brings the following opportunities:



February 4: 'Cataracts and You' Presented by Parris and Castoro

February 11: Our annual **Valentines Party** with Ed Podzimek

February 25: A visit to the **Hibachi Grill Express**

Plan now to join us for the holidays and the beginning of a New Year! Our Elkton and Perryville Centers have a variety of daily activities to keep you busy. Since we plan each day with you in mind, why don't you stop by - and bring a friend!

Fitness Opportunities for 55+!



The Healthy Lifestyles Fitness Center - a fitness facility for adults 55+. We offer personal trainers, Keiser equipment and a safe, non-threatening environment. Located at 200 Chesapeake Blvd. in the County Administration Building, we're open Monday through Friday from 7:30 am to 6:30 pm. A membership fee applies.

Life Beyond Cancer Fitness Program - for individuals in the cancer recovery process who are recovering from their surgery or the treatment itself. A Cancer Exercise Specialist will create an exercise program to meet the needs of the individual. Free to Cecil County residents.



Arthritis Foundation's Exercise Program - meets weekly in the Elkton Center. An exercise program featuring gentle movements created by the Arthritis Foundation and led by a certified instructor. Free to Cecil County residents.



Gentle Hatha Yoga - a weekly class meeting in the Elkton Center that focuses on alignment, proper breathing, flexibility, strengthening, posture and most of all, relaxation. This class is a growing favorite! A fee applies.



NEW! Tai Chi for Health - a Tai Chi class proven to help individuals deal with the pain of arthritis and improve balance skills. Classes meet in the Elkton Center on a weekly basis. A fee applies.



YMCA Splashing Seniors program - two classes each week are held at the Elkton YMCA in partnership with SSCT. A trained instructor leads the classes which help to improve range of motion while building strength. A monthly donation applies.

Please contact 410-620-3101 for more information about any of these fitness opportunities