



Living Well...Take Charge of Your Health

Living Well...Take Charge of Your Health.
A Chronic Disease Self-Management Program from Stanford University.

Scheduled Workshops:

Elkton Housing Authority
150 E. Main Street
Elkton, MD 21921

Elkton Senior Center
200 Chesapeake Blvd.
Elkton, MD 21921

Zion United Methodist Church
164 W. Main Street
Cecilton, MD 21913

Register today by calling:

Delois Brown, CCHD
410.996.5168

Linda Tull, SSCT
410.996.8437



Do you have arthritis, heart disease, diabetes, cancer, high blood pressure, COPD or fibromyalgia? Then you have a chronic condition. Don't let chronic conditions rule your life! Sign up today for the new *Living Well* Program and discover how you can take charge of your health again.

Living Well is a free, six week program that meets once each week for two hours and helps you learn:

- Techniques to deal with frustration, fatigue, pain and isolation
- Appropriate exercise for maintaining and improving strength, flexibility and endurance
- Appropriate use of medications
- How to communicate effectively with family, friends and doctors
- Nutrition information
- How to evaluate new treatments

Enjoy a better quality of life again. Attend a free *Living Well* workshop and discover how you can regain control of your life, spend fewer days in the hospital and use fewer health services overall.

Living Well is made possible through a partnership between
Senior Services & Community Transit and Cecil County Health Department