

Living Well – Take Charge of Your Health



Do you know firsthand what it's like to struggle with diabetes, cancer, heart issues, hypertension, COPD or other conditions? Or do you help care for someone who does?

Senior Services & Community Transit and the **Cecil County Health Department** have joined forces to offer a new program for people who cope with chronic diseases or help care for someone who does. "**Living Well - Take Charge of Your Health**" is Maryland's version of the Chronic Disease Self-Management Program from Stanford University. It's an evidence-based, six week program that meets weekly for two hours and helps people learn how to cope with their chronic conditions.

Subjects covered during the sessions include:

- 1) Techniques to deal with problems such as 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 evaluate new treatments.

This program is being offered nationwide and is impacting lives by enabling people to better understand their conditions while equipping them to effectively handle their care. Graduates of the program demonstrate significant improvements in exercise, symptom management, communication skills, fatigue and social activities. They spend fewer days in the hospital and tend to have fewer outpatient visits.

Please contact Linda Tull, SSCT Community Services Supervisor, at 410.996.8437 or ltull@ccgov.org or Delois Brown, Cecil County Health Department, at 410-996-5168 or deloisbrown@dhmh.state.md.us for more information.