

## Living Well with Chronic Conditions Workshops

Written by Editor

Thursday, 06 September 2012 18:13

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### Anne Arundel Medical Center

Annapolis, MD (Sept. 4, 2012) – If you have been diagnosed with heart disease, arthritis, high blood pressure, COPD, diabetes, or any other chronic condition, register now for a health series to improve your life. “Living Well with Chronic Conditions” is a free, six-week class series offered at Anne Arundel Medical Center sponsored by the Anne Arundel County Department of Aging and Disabilities. This self-management program for adults helps them to handle their long-term health conditions. Participants are expected to attend all six sessions. Class size is limited to 20 individuals.

All workshops teach techniques to handle such problems as frustration, fatigue, pain, and isolation. Workshops also teach appropriate exercise methods, nutrition, proper use of medications, and how to communicate more effectively with physicians.

Each session builds upon the last to help set goals, make action plans, and improve your life. The free class includes a 380-page guidebook, “Living a Healthy Life with Chronic Conditions.”

One series of classes will be run from 1 to 3:30 p.m. Tuesdays, Oct. 2, 9, 16, 23, and 30, and Nov. 13, with no class on Nov. 6. Another series will run from 5:30 to 8 p.m. Wednesdays, Oct. 3, 10, 17, and 24 and Nov. 7 and 14, with no class on Oct. 31. Each series will be held in the hospital’s Health Sciences Pavilion in Annapolis.

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Adults with chronic conditions of any age are welcome to participate, as well as their caregivers. For information, call Pam Toomey, program coordinator, at 410-222-4366, Ext. 3057, or e-mail [agtoom88@aacounty.org](mailto:agtoom88@aacounty.org). You can register online at [www.AAMCEvents.org](http://www.AAMCEvents.org) or at [www.aacounty.org/Aging/Living\\_Well\\_Series.cfm](http://www.aacounty.org/Aging/Living_Well_Series.cfm).

An evidence-based program developed by Stanford University and Northern California Kaiser Permanente, the workshop series has shown a beneficial effect on physical and emotional outcomes and health-related quality of life. Participants reported decreased disability and fatigue, increased energy, lower health distress, more exercise and relaxation, and fewer social role limitations.