

# Steps to Healthier Living!



Do you or someone you care about lives with a chronic condition ?

**Living Well Programs**, Living Well Programs for individuals 18 years and older are no cost, seven week programs. They start with a session 0 (a technology check in to make sure you are set up with what you need to access the virtual meeting). Each meeting will be two hours long and help you learn:

- Techniques to deal with frustration, fatigue, pain and isolation
- Appropriate exercises
- More about the pain and symptom cycle and successful ways of dealing with difficult emotions
- How to work with your health care team

Call to register for our

## ***Virtual* Living Well with Chronic Disease workshop!**

**January 12—February 23, 2021**

(January 12, 19, 26, and February 2, 9, 16, and 23, 2021)

Tuesdays from 10:00 a.m. to 12:00 p.m.

Ms. Ashley Dickens-York  
(Cecil County Health Department)  
**443-245-5868 or**

Ms. Heike Button  
(Department of Community Services)  
**410.996.8170**

