

# Steps to Healthier Living!



**Do you or someone you care about have diabetes or another chronic condition or chronic pain?**

**Living Well Programs**, for individuals 18 years and older, are no cost, six-week programs, held for two hours each week, 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

For more information about:

- **Living Well with Chronic Conditions**
- **Living Well with Diabetes**
- **Living Well with Chronic Pain**
- **Living Well with Cancer: Thriving & Surviving**

**Call to register for our next workshop**

Ms. Lily Hilferty  
(Cecil County Health Department)  
**410.996.5168**

or

Ms. Holly Loss  
(Department of Community Services)  
**410.996.8170**

**Choose to live well!**

