

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. Holly Loss
(Cecil County Health Department)
410.996.5168

or
Ms. Karly Lakavitch
(Department of Community Services)
410.996.8170

Choose to live well!

