

FREE WORKSHOPS

Evidence-based workshops equipping you to manage health issues like diabetes, chronic pain, arthritis, and loneliness or depression. Workshops promote lifestyle changes including healthy eating, exercise, stress management, and counseling.



For family caregivers of people with dementia such as Alzheimer's, and any other conditions that affect memory.



Providing the most relevant dementia knowledge, skills, and mastery to support family members as they provide care for their relative or friend living with dementia.



Offering caregivers self-care tools to reduce stress, manage emotions, and increase confidence in coping with caregiving demands.



A community-based workshop to help people manage their ongoing health conditions such as asthma, arthritis, hypertension, and other chronic conditions.



A community-based workshop to help people manage their diabetes. This workshop is recommended for adults with Type 2 Diabetes or are pre-diabetic.



Other classes include Chronic Pain Self-Management Program, PEARLS, Stepping On, Living with Hypertension, Stepping Up Your Nutrition, Walk with Ease, Enhance Fitness Group Program, and Tai Ji Quan.

MDLivingWell.org/HUB



info@mdlivingwell.org
909 Progress Circle, #100
Salisbury, MD 21804-2316