

# HOLY CROSS HEALTH VIRTUAL CLASSES APRIL-AUGUST 2021

To register for virtual classes click on the following link: [Holy Cross Health Virtual Classes](#) or call **301 754 8800**

## **LIVING WELL: CHRONIC PAIN SELF-MANAGEMENT WORKSHOP**

A FREE online 6-week 2.5-hour workshop designed for people who are experiencing chronic pain due to injury, fibromyalgia, post stroke pain, neuropathic pain and other causes. Participants are provided with the tools needed to meet health-related goals and manage their chronic pain.

**Dates:** Mondays April 26-June 14, 2021

**Time:** 2:00pm- 4:30pm

**Note:** Registration is required and the deadline is Saturday April 24, 2021

**Dates:** Mondays June 7-July 26, 2021

**Time:** 6:30pm-9:00pm (Note: evening class)

**Note:** Registration is required and the deadline is Saturday June 5, 2021

**Dates:** Tuesdays June 29- August 10,2021

**Time:** 1:30pm- 4:00pm

**Note:** Registration is required and the deadline is Sunday June 27, 2021

**Dates:** Thursdays August 18- September 29, 2021

**Time:** 1:30pm-4:00pm

**Note:** Registration is required and the deadline is Tuesday August 16, 2021

## **LIVING WELL: A SELF-MANAGEMENT WORKSHOP**

Anyone living with a long-term health condition is welcome to attend this free six-week online workshop to get tools to improve your overall health and well-being. Discover new ways to break the "symptom cycle" and make action plans for a healthier, happier you.

**Dates:** Thursdays May 6 – June 17, 2021

**Time:** 1:30pm-4:00 pm

**Note:** Registration is required and the deadline is Tuesday May 4, 2021

**Dates:** Wednesdays June 23-August 4, 2021

**Time:** 10:00am-12:30pm

**Note:** Registration is required and the deadline is Monday June 21, 2021

**Dates:** Mondays August 2-September 13, 2021

**Time:** 2:00pm-4:30pm

**Note:** Registration is required and the deadline is Saturday July 31, 2021

**Dates:** Tuesdays August 17- September 28, 2021

**Time:** 2:00pm-4:30pm

**Note:** Registration is required and the deadline is Sunday August 15,2021.

## **LIVING WELL: A DIABETES SELF-MANAGEMENT WORKSHOP**

Join this free six-week online workshop to improve your ability to manage your health while living with Type 2 or Pre-Diabetes. Caregivers and family members are also welcome to participate.

**Dates:** Thursdays June 17-July 29, 2021

**Time:** 10am-12:30pm

**Note:** Registration is required and the deadline is Tuesday June 15, 2021

**Dates:** Mondays August 9 – September 27, 2021

**Time:** 6:30pm-9:00pm (Note: evening class)

**Note:** Registration is required and the deadline is Saturday August 7, 2021

**Dates:** Tuesdays August 17-September 28, 2021

**Time:** 10am-12:30pm

**Note:** Registration is required and the deadline is Sunday August 15, 2021

## **MEMORY ACADEMY**

This Virtual Memory Program teaches techniques that work for everyone. The program is for people with mild memory concerns. It is not for anyone with dementia or Alzheimer's disease. This is a six week course, with a one hour introductory class, four Memory Training Courses, and one Booster class. There is a \$5 administrative fee for the workshop.

**Dates:** Tuesdays May 4 – June 8, 2021

**Time:** 10:00am-12:00 pm

**Note:** Registration is required and the deadline is Sunday May 2, 2021

**Dates:** Wednesdays June 23-August 4, 2021

**Time:** 1:30pm-3:30pm

**Note:** Registration is required and the deadline is Monday June 21, 2021

**Dates:** Fridays July 16-August 20, 2021

**Time:** 10:00am-12:00pm

**Note:** Registration is required and the deadline is Wednesday July 14, 2021

**Dates:** Thursdays August 5- September 9, 2021

**Time:** 1:30pm-3:30PM

**Note:** Registration is required and the deadline is Tuesday August 3, 2021



This an evidence- based curriculum was developed by Stanford University with support from Kaiser Permanente. The Community Health Department of Holy Cross Health and Montgomery County Health and Human Services are sponsors.