**Evidence-Based Workshops**

**winter/Spring 2023**

Below is the schedule of evidence-bases classes offered by Holy Cross Health from

January through May 2023.

**Living Well Self- Management Workshop**

Anyone living with a chronic health condition is welcome to attend this free virtual workshop delivered via Teams. Participants learn how to manage long-term health issues, exercise safely, eat healthfully and communicate better with family and the health care team.

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| Day/Dates | Time | Virtual | Register by |
| Mondays: 1/9/23 – 2/13/23 | 1:30 pm – 4:00 pm | Teams | 1/07/23 |
| Thursdays: 4/13/23 – 5/18/23 | 1:30 pm – 4:00 pm | Teams | 4/11/23 |

**Diabetes Self-Management Workshop**

Anyone living with diabetes or pre-diabetes is welcome to attend this free virtual workshop delivered via Teams. Family members and caregivers are also welcome. Participants learn ways to manage or prevent diabetes, how to handle emergencies, how to improve sleep and work more effectively with the health care team.

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| Day/Dates | Time | Virtual | Register by |
| Thursdays: 1/5/23 – 2/9/23 | 10:00 am – 12:30 pm | Teams | 1/03/23 |
| Wednesdays: 2/22/23 – 3/29/23 | 1:30 pm – 4:00 pm | Teams | 2/20/23 |
| Mondays: 4/17/23 – 5/22/23 | 6:30 pm – 9:00 pm | Teams | 4/15/23 |

**Chronic Pain Self-Management Workshop**

Participants who have fibromyalgia, post stroke pain, neuropathic pain, or other causes are welcome to attend the workshop to learn new ways to manage chronic pain, pace activities, improve nutrition and have a better understanding of the mind/body connection.

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| Day/Dates | Time | Virtual | Register by |
| Wednesdays: 1/11/23 – 2/15/23 | 1:30 pm – 4:00 pm | Teams | 1/09/23 |
| Thursdays: 3/2/23 – 4/6/23 | 10:00 am – 12:30 pm | Teams | 2/28/23 |
| Wednesdays: 4/19/23 – 5/24/23 | 1:30 pm – 4:00 pm | Teams | 4/17/23 |

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**We are on your team!**

**Registration**

All of these workshops are 2.5 hours per week for SIX WEEKS and participants are encouraged to attend ALL SIX SESSIONS. To register for classes click on the following link: [Disease Prevention & Management Silver Spring, Maryland (MD), Holy Cross Hospital (holycrosshealth.org)](https://www.holycrosshealth.org/health-and-wellness/classes-and-support-groups/disease-prevention-and-management?) or call **(301) 754-8800.** Virtual classes are delivered online via Microsoft Teams.