

55+ Healthy Lifestyles Fitness Center

The Healthy Lifestyles Fitness Center is for adults age 55 and above and offers Keiser equipment, personal trainers, and a non-threatening atmosphere where the focus is on exercising safely at your own pace. Self pay cost applies. For more information please call Heike Button at **410-996-8170**.

<https://www.ccgov.org/government/community-services/community-wellness-division/healthy-lifestyles-fitness-center>

Nutritional Counseling

Christiana Care Cecil County Nutrition and Diabetes Center provides nutritional counseling for a variety of medical conditions that can be treated with lifestyle changes. These may include weight management, Celiac disease, Gastrointestinal conditions, high cholesterol, high blood pressure, kidney disease. These sessions are by appointment only and are typically billed through insurance.

To schedule, please call **410-620-1210**.

<https://www.uhcc.com/services-2/nutrition-and-diabetes-center/>

Weight Management Program

Christiana Care Cecil County Nutrition and Diabetes Center offers an 8 week weight loss program. This program will provide you with the tools that you will need to make long-term and realistic lifestyle changes, including an Individualized diet and exercise plan to help you accomplish your weight loss goals. You will meet with our team weekly to help adjust your plan and ensure that you are on the right track for success. These sessions are by appointment only. To schedule, please call **410-620-1210**.

Diabetes Support Group

Support and educational group for persons with diabetes and their families. Meets the Second Tuesday of each month at 5:00 p.m. - 6:00 p.m.

For more information call **410-620-1210**

Diabetes Self Management Education Program

Christiana Care Cecil County Nutrition and Diabetes Center provides individual and group diabetes classes on an ongoing basis. During these sessions, you will learn what diabetes is, how it effects your body, how your medications work and what changes you can make including, food intake, exercise, yearly medical care and other lifestyle changes. These sessions are by a appointment only and are typically billed through insurance.

To schedule, please call **410-620-1210**.

For more programs and services visit findhelp.org.

Programs are free of charge unless marked differently.



Diabetes Resources in Cecil County



Healthy Lifestyles Task Force

Diabetes Resources

Diabetes Self-Management Program

Diabetes Self-Management Program (DSMP): An evidence based, six week program that meets once a week for two hours. Participants will learn techniques to deal with the symptoms of diabetes, appropriate exercises, healthy eating, and use of medications, as well as how to work with your health care team.

For more information call **410-996-5168**.

Chronic Disease Self-Management Program

Chronic Disease Self-Management Program (CDSMP): An evidence based, six week program that meets once a week for two hours. Participants will learn techniques to deal with the symptoms of chronic conditions, frustration, fatigue, pain and isolation.

For more information call **410-996-5168**.

Chronic Pain Self-Management Program

Chronic Pain Self-Management Program (CDSMP): An evidence based, six week program that meets once a week for two hours. Participants will learn techniques to deal with problems such as frustration, fatigue, isolation and poor sleep.

For more information call **410-996-5168**.

National Diabetes Prevention Program

A year-long, proven, CDC-approved program To prevent or delay type 2 diabetes with weekly meetings for the first 4 months, then twice a month for the next two months, then once a month for the remainder of the year. Participants learn skills related to getting active, eating healthier, managing stress, setting goals, action planning, and managing weight. Self pay cost may apply.

For more information call the Cecil County Health Department at **410-996-5168**

Tobacco Cessation Services

For more information call **410-996-5168**.

Expanded Food and Nutrition Education Program (EFNEP)

For more information call **410-920-8870**.

Supplemental Nutrition Assistance Program – Education (SNAP-Ed)

For more information call **410-920-8870**.

Fresh Conversations

A free online nutrition education program for older adults.

For more information call **410-996-5280**.

Dining With Diabetes

Dining with Diabetes teaches adults how to manage their pre-diabetes or diabetes. It consists of 4 weekly, 2-hour sessions and teaches menu planning, carbohydrate counting, portion control, label reading, and provides cooking demonstrations. The DWD curriculum was certified by the American Association of Diabetes Educator's, AADE7 framework for including the 7 self-care behaviors for effective self-management of diabetes.

For more information call **410-996-5280** or **410-996-8133** or email bjackey@umd.edu.

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<https://extension.umd.edu/locations/cecil-county/nutrition-and-wellnessfamily-consumer-sciences>

Healthy Options Program for Seniors (H.O.P.S.) Fitness Classes

6-week exercise classes or one-time presentations for 55+ adults free of charge. Following classes are currently offered:

Barre, Back to Basics (Veterans only), Line Dancing, Enhance Fitness, Muay Thai Fitness, Pilates, S.A.I.L. (Stay Active and Independent for Life), Senior Strength Training, Tai Chi, Yoga, Zumba Gold
For more information call Heike Button, Department of Community Services, at **410-996-8170** or email hbutton@ccgov.org.

<https://www.ccgov.org/government/community-services/community-wellness-division/cecil-senior-s-o-l-a-r-system>