

Chronic Disease Self-Management Program Contacts		
Allegany County	Human Resources Development Commission (HRDC)	301-783-1710
		301-783-1722
Anne Arundel County	Department on Aging	410-222-0268
		410-222-0864
Baltimore City	Baltimore City Health Department - CARE Services	410-396-1337
Baltimore City	Keswick Multi-Care	443-662-4353
		410-662-4363
Baltimore City/County	Johns Hopkins Bayview	410-550-0926
Baltimore City/County	MedStar Health	(410) 772-6962
Baltimore City/County	University of Maryland Medical Center	(410) 328-8402
Baltimore County	Department of Aging	410-887-3423
		410-887-1684
Baltimore County	University of MD St. Joseph Medical Center	(410) 337-1012
		410-337-1960
Calvert County	Department of Aging	(410) 535-4606
Calvert County	Health Department	(410) 535-5400 ext 459
Cecil County	Department of Community Services	410-996-8437
		410-996-8181
		410-996-5295
Cecil County	Health Department	(410) 996-5168
		(410) 996-5168

Charles County	Aging & Senior Programs	301-934-0117 X5117
		301-609-5711
Charles County	Health Department	301-609-6885
Charles County	University of Maryland Charles Regional Medical Center	301.609.4415
Dorchester, Somerset, Wicomico & Worcester Counties	MAC, Inc.	410-742-0505, ext 159
Frederick County	Department of Aging	301-600-3554
Frederick County	Frederick Regional Health System	(240) 566-4862
Garrett County	Area Agency on Aging	301-334-9431 ext.6139
Harford County	Office on Aging	410-638-3032
		410.612.1622
Harford County	University of MD Upper Chesapeake Medical Center	(443) 643-4255
		443-643-4202
		(410) 459-9100
Howard County	Office on Aging and Independence	(410) 313-5940
		410-313-3507
		(410) 313-6073
Howard County	Howard County General Hospital	(410) 720-8782
Howard County	Howard County Health Department	(410) 313-6285
Montgomery County	Area Agency on Aging	240-773-8290
Prince George's County	Dept of Family Services, Aging Services Division	(301) 265-8450
Prince George's County	Health Department	301-856-9405
Queen Anne's County	Department of Aging	410-758-0848 ext. 2715
St. Mary's County	Department of Aging	301-475-4200, ext. *1063

Talbot County	Health Department	410-819-5694
Talbot, Caroline & Kent Counties	Upper Shore Aging, Inc.	410-778-3562
Washington County	Health Department	240-313-3349
		240-313-3302
Washington County	Commission on Aging, Inc.	301-790-0275
		301-790-0275
State	MAC Living Well Center of Excellence https://www.mdlivingwell.org/	443-668-6984

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