

**Take
Charge
of Your Health!**

Register for the....

Living Well

Diabetes Self-Management Program



October 27th - December 15th, 2021

Meets every Wednesday Online

Time 2:30 p.m. to 5:00 p.m.

Classes will meet virtually until
COVID-19 restrictions are lifted.

Late registration closes on November 9th, 2021

This program consists of 6 FREE classes

Led by Trained Leaders

Who should register?

People with Type 2 diabetes. Caregivers are also encouraged to register.

BENEFITS

- Classes are **FREE**
- Learn how to manage stress
- Improve your strength and endurance
- Practice communication and decision-making skills
- Learn how to develop a healthier lifestyle
- Learn how to problem solve with your health care team
- Create and practice action plans
- Receive a **“Living a Healthy Life with Chronic Conditions”** textbook with completion of program

TO REGISTER:

Call 301-856-9643

Email: wellnessinfo@co.pg.md.us



Disclaimer: This program requires a minimum number of participants in order for the classes to be offered.

Must register | Space is limited