

**Take
Charge
of Your Health!**

Register for the....

Living Well

Diabetes Self-Management Program



March 5-April 16, 2020
Meets Every Thursday

Time: 11:00am -1:30pm (Clinton Class)
Prince George's County Health Department
D. Leonard Dyer Regional Health Center
9314 Piscataway Road, Clinton, MD 20735

Time: 3:30pm - 6:00pm (Largo Class)
Prince George's County Government
1400 McCormick Drive, Training Room 2, Suite 139
Largo, MD 20774

BENEFITS

- Classes are **FREE**
- Learn how to manage stress
- Improve your strength and endurance
- Create and practice action plans
- Develop a healthier lifestyle
- Learn how to be a partner with your health care team
- Receive a **"Living a Healthy Life with Chronic Conditions"** textbook with completion of program

This program consists of 6 FREE classes

Led by Trained Leaders

Who should register?

People with Type 2 diabetes, pre-diabetes, and diagnosed as borderline. Caregivers are also encouraged to register.

TO REGISTER:
Call 301-856-9465
Health.mypgc.us/livingwell



**Must register | Space is limited
Healthy snacks will be provided**

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