

**Take  
Charge  
of Your Health!**

Register for the....

# Living Well

**Diabetes Self-Management Program**



**April 14th through May 26th 2022**

**Meets every Thursday Online**

Time 3:30 p.m. to 6:00 p.m.

Late registration closes on April 25, 2022

**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 301-856-9465

Email: [wellnessinfo@co.pg.md.us](mailto:wellnessinfo@co.pg.md.us)



MARYLAND  
**Living Well**  
CENTER of EXCELLENCE



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

**Must register | Space is limited**