



Prince George's County  
Department of Family Services

Office of Veterans Affairs &  
Senior Nutrition Program  
presents

# Living Well

Take Charge of Your Health

## Diabetes Self-Management Workshop



**FREE WORKSHOP** > *Open to  
All Veterans*

Led by Certified & Trained Leaders

Are you a veteran? Do you have Type 2 Diabetes or know a friend or family member who does and is a Veteran? Are you caring for a veteran diagnosed with diabetes? Prince George's County Veterans who have been diagnosed with pre-diabetes, border line or diabetes are encouraged to sign up for this workshop.

### Benefits:

- Manage symptoms
- **Promote positive outcomes**
- Improve strength and endurance
- **Practice action plans**
- Promote healthy lifestyle of exercise and nutrition
- **Be an active participant with your healthcare team**
- Receive a text book - Living a Healthy Life with Chronic Conditions and get a Certificate of Completion.



**Tuesdays, Sept. 5 - Oct. 2, 2017**

**1 PM to 4:30 PM | Snacks will be provided**

Department of Family Services  
6420 Allentown Road,  
Camp Springs, MD 20748  
Multi-Purpose Room

For Registration and More Information  
call Curtis Cutler at 301-265-8652 or  
email at [cacutler@co.pg.md.us](mailto:cacutler@co.pg.md.us)



Russell L. Baker, III  
County Executive



Elana Belon-Butler  
Director



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