



Prince George's County  
Department of Family Services  
&  
Health Department  
Present

# Living Well

Take Charge of Your Health

Diabetes

Self-Management Workshop

Tuesdays, March 20, - May 1, 2018

3:00 pm - 5:30 pm



## FREE WORKSHOP

### Led by Trained Leaders

Who Should Register? People with Type 2 Diabetes, pre-diabetes, caregivers, Medicare beneficiaries diagnosed with diabetes and people who have been borderline diagnosed. Registration is required.

### 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.



Prince George's County Health Dept.  
1701 McCormick Drive  
Largo, MD 20774  
Conference Room 1

Snacks will be provided

For Registration and More Information  
call Linda Nunes-Schrag at 301-248-0039  
or Trina Frazier at 301-856-9405



Rushern L. Baker, III  
County Executive



HEALTH  
DEPARTMENT  
Prince George's County

