

ON THE ROAD OUTREACH PROGRAM

FREE Diabetes Classes

For Adults Age 18 and Over Diagnosed with Diabetes,
Family Members and Care Givers



**Learn How To
Manage Your Diabetes**
Session Includes Free Lab Screening

Call Today to Register!
301-883-3545

TTY/STS Dial 711 for Maryland Relay
www.princegeorgescountymd.gov/sites/Health/Pages/diabetes-classes.aspx *register online here!*

Limited Seating Available!



Rubern L. Baker, III
County Executive



**HEALTH
DEPARTMENT**
Prince George's County



**DOCTORS
COMMUNITY
HOSPITAL**



**Parks &
Recreation**
M-N C P P C

Upcoming Class

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Friday, Sept 23, 2016
10:00 a.m. to 12:00 p.m.

**Southern Regional Tech &
Recreation Complex**
7007 Bock Rd
Fort Washington, MD 20743

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Even if you aren't at risk
from diabetes, this a great
opportunity to learn tips on
how to lose weight and eat
healthy.