

# Take Charge of Your Health!

Register for the....

# Living Well

## Diabetes Self-Management Program



**October 31st through December 12th 2022**

**Meets every Monday Online**

**Time: 4:30 p.m. to 7:00 p.m.**

**Classes will meet virtually**

**Late registration closes on November 10, 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)**



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

**Must register | Space is limited**