

Take Charge of Your Health!

Register for the....

Living Well

Diabetes Self-Management Program



November 3, 2025 through December 8, 2025

Meets every Monday Online

Time: 4:00 p.m. to 6:30 p.m.

Classes will meet virtually

Late registration closes on November 14, 2025

This program consists of 6 FREE classes

Who should register?

People with prediabetes or 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



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

Must register | Space is limited