

# Take Charge of Your Health!

Register for the....

# Living Well

## Diabetes Self-Management Program



**Monday, June 22, 2026 – Monday, July 27, 2026**

**Meets every Monday Online**

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

**Classes will meet virtually**

**Late registration closes on June 26, 2026**

**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 301-856-9643**

**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**