Take Charge of Your Health!

Register for...

Nutrition Workshop
Food for Thought

November is National Diabetes Month



Wednesday, November 4, 2026
Tuesday, November 10, 2026
6:00pm to 7:00pm

This free virtual workshop is
Led by a Registered Dietitian.
Everyone is welcome!

BENEFITS

- Learn the risk factors for type 2 diabetes
- Learn how to make healthy food choices using the Diabetic Plate
- Learn how simple lifestyle changes can prevent and manage diabetes

To register Call: 301-856-9465 or
Email: wellnessinfo@co.pg.md.us

Elevate PRINCE GEORGE'S
One County United

Aisha N. Braveboy
County Executive

PRINCE GEORGE'S COUNTY HEALTH DEPARTMENT

Must Register I Space is limited

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