

# Living Well with Diabetes

## 6-Week Workshop:

Join an interactive workshop for adults with Type 2 Diabetes or Prediabetes. Set your own goals and make a step-by-step plan to improve your health and life.

- Get the support you need
- Find practical ways to manage symptoms
  - Eat better and increase activity
- Learn better ways to talk with your doctor and family about your health

## Class Schedule:

January 9- February 13  
Tuesdays, 6-8:30p  
Harriet Brown Community  
Center  
Prince Frederick

January 10- February 14  
Wednesdays, 9-11:30a  
North Beach Senior Center  
North Beach

March 5- April 16 \*no class  
4.2.18  
Mondays, 9-11:30a  
Calvert Pines Senior Center  
Prince Frederick

March 7- April 11  
Wednesdays, 6-8:30p  
Harriet Brown Community  
Center  
Prince Frederick



Call 410-535-5400  
EXT. 459  
For more information

Register Online