



## *Living Well with Diabetes*

Take Charge! FREE in person interactive Living Well with Diabetes Workshop - a six week journey.

### **Take charge of your health:**

- Set your own goals
- Make a step-by-step plan to improve your health and your life
- Participate to learn about self-management

### **Connect with others:**

- Gain support and practical ways to deal with pain and fatigue
- Discover better nutrition and exercise choices
- Learn effective ways to talk with your doctor and family about your health condition

### **In the Living Well workshop, people change by learning:**

- What is diabetes
- Carb counting
- Addressing Low and High Blood Sugar
- Healthy Eating/Menu Planning
- Dealing with Stress
- How to create strategies for exercise

**When:** Monday's beginning May 3, 2021 to June 14, 2021

**Time:** 1:00 – 3:30 p.m.

**Where:** Robinwood Professional Center, Suite 122

**To register or for more information, please visit:**

[healthywashingtoncounty.com/events](https://healthywashingtoncounty.com/events); [eventbrite.com](https://eventbrite.com)

or **call Meritus Community Health at 301-790-8964.**

