



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: Friday's beginning July 08, 2022 to August 12, 2022

Time: 9:00a – 11:30a

Where: Robinwood Professional Center, Suite 122

To register or for more information, please visit:

healthywashingtoncounty.com/events; eventbrite.com

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

