



UM CHARLES
REGIONAL
MEDICAL
CENTER



UNIVERSITY of MARYLAND
MEDICAL SYSTEM

Take control of your diabetes today

Diabetes management

Diabetes doesn't have to slow you down! Our diabetes education programs are for adults with type 1, type 2, and gestational diabetes. They'll include one-on-one evaluations, personalized instruction on insulin, injections, and blood sugar monitoring, practical advice for nutrition and weight management, and small group education classes. Bring a partner for extra support!

301-609-5444

Diabetes support group

Join our monthly support group meetings designed for adults with diabetes and their loved ones. Share your stories and gain insights from others who are on the same journey. Open to all, no referral needed. Community support is a vital part of managing diabetes successfully.

301-609-5444

Living well with chronic conditions

Take part in our free, six-week workshop designed for individuals with chronic conditions and their caregivers. Each session helps you set achievable goals, create actionable plans, and improve daily living. Topics covered include managing fatigue and pain, effective communication with healthcare providers, healthy eating habits, and regaining control of your life. Offered in partnership with the Charles County Department of Health.

301-609-6622

A better state of care

Your health and well-being are our top priority! Scan the QR code below to access our comprehensive health library and start your journey towards better health.

