

JOIN US!



UNIVERSITY of MARYLAND
CHARLES REGIONAL
MEDICAL CENTER

Diabetes Support Group

Managing diabetes can feel overwhelming, but you don't have to do it alone. Our **Diabetes Support Group** is here to provide a safe, welcoming space where you can share experiences, learn helpful tips, and connect with others who understand what you're going through.

Date & Time: March 25th, April 22nd, May 27th, June 24th, July 22nd, August 26th, September 23rd, October 28th, and November 11th, 2026. 11:00 am- 12:00 pm

Location: 5 Garrett Avenue, La Plata, Maryland 20646

Whether you're newly diagnosed or have been managing diabetes for years, this group offers:

- Practical advice and resources
- Emotional support from peers
- Guidance from healthcare professionals

RSVP: Call (301)609-5444 or email diabeteseducation@umm.edu

Take the first step toward a stronger support network. We'd love to see you there!

