



LIVING WELL
Southern Maryland

Living Well With **DIABETES**

Topics Include:

- Definition of Diabetes
- How to use medication appropriately
- Working with your healthcare team
- Healthy Eating
- Problem Solving Techniques
- Action Planning
- Tips to deal with pain, fatigue, hyper/hypoglycemia, stress and depression.

This is a free six-week workshop is designed for people with Type 2 Diabetes and/or their caregivers.

Each session builds upon the last to help you set goals, make action plans and improve your life. It is a motivational experience.

Upcoming 6-Week Class Thursdays

1:00 PM - 3:30 PM

Class #1 Oct 8, 2026

Class #2 Oct 15

Class #3 Oct 22

Class #4 Oct 29

Class #5 Nov 5

Class #6 Nov 12

Class Location:

**Charles County Dept of Health
4545 Crain Hwy
White Plains MD 20695
(MAIN LOBBY - Room C)**

**Pre-RegistratiOn Required
Call (301) 609-6932**

