

# Living Well with **Diabetes**

## 6-Week Workshop

Join an interactive workshop for adults with Type 2 Diabetes or Prediabetes. Set your own goals and make a step-by-step plan to improve your health and life.

- Get the support you need
- Find practical ways to manage symptoms
- Eat better and increase activity
- Learn better ways to talk with your doctor and family about your health

# Living Well with **Diabetes**

## 6-Week Workshop

Join an interactive workshop for adults with Type 2 Diabetes or Prediabetes. Set your own goals and make a step-by-step plan to improve your health and life.

- Get the support you need
- Find practical ways to manage symptoms
- Eat better and increase activity
- Learn better ways to talk with your doctor and family about your health

# Living Well with **Diabetes**

## 6-Week Workshop

Join an interactive workshop for adults with Type 2 Diabetes or Prediabetes. Set your own goals and make a step-by-step plan to improve your health and life.

- Get the support you need
- Find practical ways to manage symptoms
- Eat better and increase activity
- Learn better ways to talk with your doctor and family about your health

**Take Charge of Your Health**

**Day and Evening Classes Available**

**To register, call  
(410) 535-5400  
Ext. 459**



*Funding for this project was provided by the Center for Chronic Disease Prevention and Control*

**Take Charge of Your Health**

**Day and Evening Classes Available**

**To register, call  
(410) 535-5400  
Ext. 459**



*Funding for this project was provided by the Center for Chronic Disease Prevention and Control*

**Take Charge of Your Health**

**Day and Evening Classes Available**

**To register, call  
(410) 535-5400  
Ext. 459**



*Funding for this project was provided by the Center for Chronic Disease Prevention and Control*