

Living Well: Diabetes Self-Management

Program Details

Tuesdays

June 7 - July 12

1:00 p.m. - 3:30 p.m.

In-person at:

UM Upper Chesapeake Medical Center
500 Upper Chesapeake Drive
Bel Air, MD 21014

**Call us at 800-515-0044 for more
information and to register.**

Designed for people with type 1, type 2 or prediabetes, our **FREE** six-week program teaches you how to:

- Read nutrition labels
- Plan healthy, balanced meals
- Keep blood sugar numbers in check
- Lower stress
- Communicate better with family, friends and health care professionals
- Set goals using action plans

"I am very grateful to have been able to attend this workshop. I feel I can stand on my own much more often now; I felt so alone before."

