



My wife is my rock. She encouraged me to go to the Living Well Workshops with her, and I'm happy I listened. With the knowledge I gained, I finally feel like I am in control of my diabetes.

Living WELL with Diabetes - Self-Management Workshops

Learn how to deal with the symptoms of diabetes such as fatigue, pain, high and low blood sugar, stress, and emotional issues such as depression, anger, fear and frustration.

Learn what exercises you can do to improve strength and endurance.

Learn how healthy eating can help you manage your diabetes.

Be supported by peer leaders and others with diabetes in each weekly 2 hour session.

Celebrate successes together.



Diabetes Self-Management Workshop Schedule

1:00 pm

Session #1	January 30, 2020
Session #2	February 6, 2020
Session #3	February 13, 2020
Session #4	February 20, 2020
Session #5	February 27, 2020
Session #6	March 6, 2020

**Glenburn House
518 Glenburn Ave
Cambridge, MD**