



Living Well with Diabetes

Do you have difficulty managing your diabetes?

Consider the seven-week Stanford University Program and take charge of your life again! This self-management workshop will provide you with the tools needed for managing your diabetes. Our facilitators will help you build a plan that fits your life.

For more information or to register,
call Health Connections at 301-475-6019.

Date: Tuesdays starting January 14th

Time: 1:00 pm – 3:30 pm

Location: East Run Center, Lexington Park,
MD 20653

Date: Tuesdays starting March 24th

Time: 6:00 pm – 8:30 pm

Location: Health Connections, 25500 Point
Lookout Road, Leonardtown, MD 20650



**MedStar St. Mary's
Hospital**