



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 and help you build and carry out a plan that fits your life.

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

Date: Mondays starting
January 22, 2018
Time: 1:00pm – 3:30pm
Location: Northern Senior Activity
Center

-OR-

Date: Tuesdays starting
April 10, 2018
Time: 6:00pm – 8:00pm
Location: Outpatient Pavilion,
Health Connections



**MedStar St. Mary's
Hospital**