



# 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 September 11, 2018

**Time:** 6:00 PM – 8:30 PM

**Location:** MedStar St. Mary's Hospital Outpatient Pavilion Bldg, Health Connections Suite



MedStar St. Mary's  
Hospital