



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 July 9th

Time: 1:00 pm – 3:30 pm

Location: East Run Center, 45870 East Run Drive, Lexington Park, MD 20653

Date: Tuesdays starting September 24th

Time: 6:00 pm – 8:30 pm

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



**MedStar St. Mary's
Hospital**