

# Diabetes doesn't have to be part of your future. **We can help you take control.**

MedStar St. Mary's Hospital offers free programs designed to help you take control of pre-diabetes.



## **Simple Changes** **Starting October 6, 5:30 p.m.**

**MedStar St. Mary's Hospital, Health Connections**

Participate in our free, year-long class designed to eliminate possible diabetes risk factors by making simple, healthier changes. Program includes free body composition screenings, handouts, giveaways, and support between sessions. This one-year program is a combination of weekly and monthly sessions.

For more information or to register for a class, call **301-475-6019**.

**It's how we treat people.**



MedStar Health