



Living Well

Diabetes Self-Management

The American Diabetes Association identifies this program as meeting the Diabetes Support Initiative criteria for support programming.

A community-based workshop to help adults manage Type 2 diabetes or who are pre-diabetic.

- Defining Diabetes
- Dealing with Stress
- Appropriate Exercise
- Carb-Counting
- Addressing Low and High Blood Sugar
- Healthy Eating / Menu Planning

Mondays

November 18, 2024 - December 23, 2024

9:00 a.m. to 11:30 a.m.

Annapolis Senior Activity Center

119 S. Villa Avenue Annapolis, MD 21401

Space is limited. To register, contact Jennifer Jackson at (410) 222-4335. Anyone needing accommodations should submit a request at least seven (7) days in advance of the event to Jennifer Jackson at agjack88@aacounty.org or by calling (410) 222-4383. TTY users, call via Maryland 7-1-1. All materials are available in alternate formats upon request.