



# 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

## Wednesdays

**November 13, 2024 - December 18, 2024**

**1:00 p.m. to 3:30 p.m.**

**Severn Senior Activity Center**

**1160 Reece Road Severn, MD 21144**

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](mailto: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.