



Living Well: Diabetes Self-Management

Program Details

Thursdays

September 7, 2023 - October 12, 2023

12:15 p.m. - 3:00 p.m.

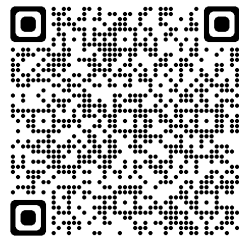
Havre de Grace Library

120 N. Union Avenue

Havre d Grace, MD 21078

Scan the QR code or call us at

1-800-515-0044 to register today!



Designed for people with type 1 or type 2, Diabetes our **FREE** six-week program teaches you how to:

- Read nutrition labels
- Plan healthy, balanced meals
- Keep blood sugar numbers in check
- Lower stress
- Communicate better with family, friends and health care professionals
- Set goals using action plans

"I am very grateful to have been able to attend this workshop. I feel I can stand on my own much more often now; I felt so alone before."

