


# Steps to Healthier Living!



**Do you have type 2 diabetes? Are you pre-diabetic? Or do you help care for someone who is? This program is for you.**

**Living Well Programs**, for individuals 18 years and older, are **no cost**, six-week programs, held for two hours each week, and help you learn:

- Techniques to deal with the symptoms of diabetes: fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression and anger;
- Appropriate exercises;
- Appropriate use of medications;
- Healthy eating;
- How to work with your health care team

Call to register for our

## **Living Well with Diabetes workshop!**

**Cecil College  
Elkton Station**

107 Railroad Ave, Elkton, MD 21921

**November 6—December 11, 2019**

(Nov. 6, 13, 20, 27, and Dec. 4, 11, 2019)

**Wednesdays from 1:00 p.m. to 3:00 p.m.**

Ms. Delois Brown

(Cecil County Health Department)

**410.996.5168**

OR

Ms. Heike Button

(Department of Community Services)

**410.996.8170**

