



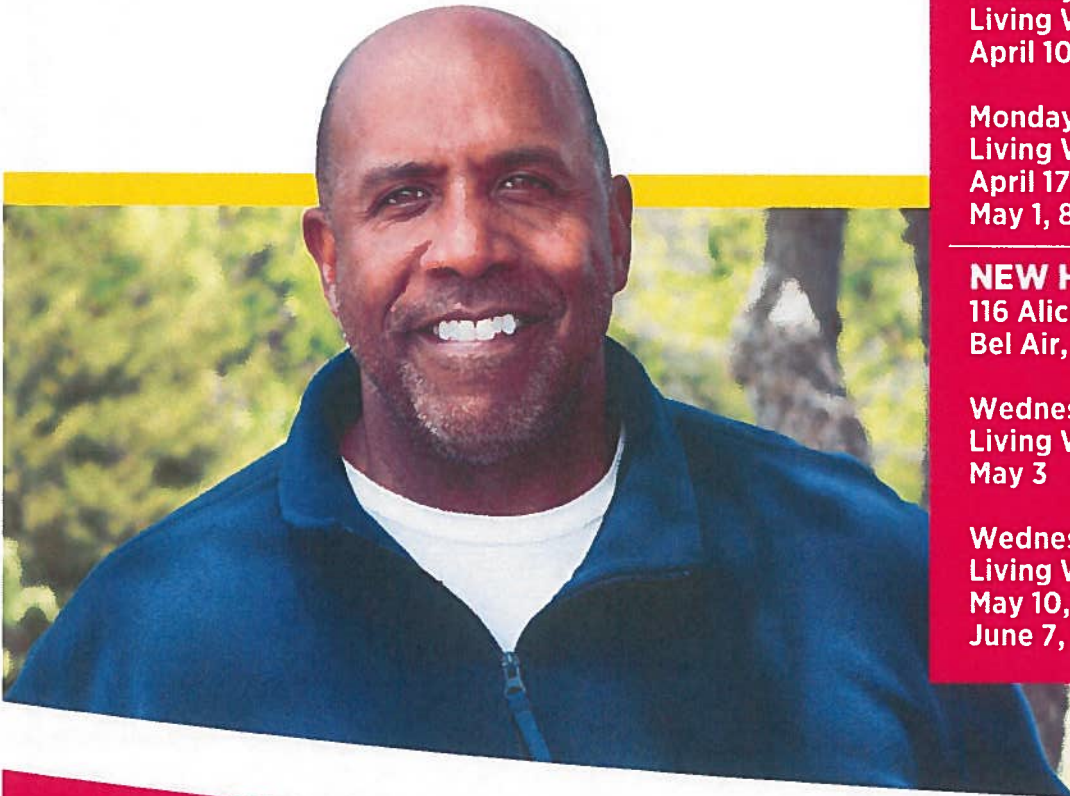
UNIVERSITY of MARYLAND
UPPER CHESAPEAKE HEALTH

Living Well *with* Diabetes Workshop

Living Well with Diabetes, is a six-week workshop for people with type 1, type 2, and pre-diabetes. Participants will learn about complications that are associated with diabetes, as well as learn to manage their blood sugar and understand the relationship between food and blood-sugar levels. There will also be instructions on how to read nutrition labels, deal with stress, and how to improve communication with doctors.

Some locations will be offering an optional one week class on high blood pressure.

To find out how to start or for more information on additional classes being scheduled, call HealthLink at 800-515-0044 or email healthlink@uch.org.



Workshop Details

JOPPA LIBRARY

655 Towne Center Drive
Joppa, MD 21085

Monday Afternoons: 1:00-3:30 PM
March 6, 13, 20, 27
April 3, 10

BEL AIR LIBRARY

100 E. Pennsylvania Avenue
Bel Air, MD 21014

Monday Evening: 5:30-8:00 PM
Living Well with High Blood Pressure
April 10

Monday Evenings: 5:30-8:00PM
Living Well with Diabetes
April 17, 24,
May 1, 8, 15, 22

NEW HOPE BAPTIST CHURCH

116 Alice Ann Street
Bel Air, MD 21014

Wednesday Evening: 5:30-8:00PM
Living Well with High Blood Pressure
May 3

Wednesday Evenings: 5:30-8:00PM
Living Well with Diabetes
May 10, 17, 24, 31
June 7, 14