



Are you sick and tired of being sick and tired? You don't have to stop doing the things you love to do. The key to getting the most out of life is learning to manage your symptoms.

Join a FREE 2 ½ hour Living Healthy, Living Well with Diabetes workshop, held each week for 6 weeks.

Set your own goals and make a step-by-step plan to improve your health—and your life.



Sponsored and Offered for FREE by  
Carroll County Bureau of Aging & Disabilities  
125 Stoner Avenue  
Westminster, MD 21157

Learn more about *Living Healthy, Living Well with Diabetes*  
(an evidence-based self-management workshop  
originally developed at Stanford)  
410-386-3818, [LivingHealthy@carrollcountymd.gov](mailto:LivingHealthy@carrollcountymd.gov)  
<https://carrollcountymd.gov/LivingHealthy>

The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 as soon as possible but no later than 72 hours before the scheduled event. Email: [ada@carrollcountymd.gov](mailto:ada@carrollcountymd.gov)

## Living Healthy, Living Well with Diabetes



**A diabetes diagnosis brings big changes. Find solutions that work for you.**

Living Healthy, Living Well with Diabetes is proven to make a big difference in your health and your life. In just 6 weeks, you can learn to take charge of your health and get back to doing the things that matter to you.

*“The workshop helped me understand that I’m not alone.”*

Living Healthy, Living Well participant



To register, get more information, or find out when the next workshop starts, please contact the Leslie Wagner, Program Coordinator at 410-386-3818.

## What is Living Healthy, Living Well with Diabetes?

A six-week self-management workshop for adults of all ages who have type 2 diabetes, pre-diabetes, or who live with someone that does.

*“I wasn’t taking care of myself—but I am now. I finally see how important that is.”*

Led by trained leaders, some of whom have diabetes and other chronic conditions themselves, the program focuses on helping you feel better, have more control, and do the things you want to do.

**How is this program different?**

**You set your own goals.** The changes you see are things that matter most to you.

**You learn hands-on with others.** The group brings fun and wisdom as you apply new skills in your own life.

Tens of thousands of people nationwide have learned the self-management approach to their diabetes. This group lowered their blood sugar, made fewer trips to the emergency department, and were less likely to end up in the hospital because of diabetes—even a year later.

Just as important are the changes people report in how they feel about their lives: effective, in charge, and able to do what matters most to them.

Living Healthy, Living Well doesn’t replace your diabetes treatment plan—far from it. It teaches you the best ways to work with your doctor and your family, and helps you set your own goals for managing your condition and controlling your life.

**Living Healthy, Living Well helps you build confidence in your ability to manage your condition.**

**You’ll get information and advice for:**

- Healthy eating and nutrition: food label reading and meal planning
- Relaxation techniques
- Partnering with your health care provider
- Short-term goal setting
- Fitness for exercise & fun
- Feedback and problem-solving
- Stress and depression management
- Communicating effectively with friends, family, and your medical team



*“I never knew how much my emotions affected my physical health. Now I know my stress signals and I pay attention.”*