

Show Me Better Health

DIABETES Self-Management



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.

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. This **FREE** workshop meets 2 1/2 hours, once a week for 6 weeks.

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.

FREE 6-Week Series

Register: <https://carrollcountymd.gov/LivingHealthy>—410-386-3818—LivingHealthy@carrollcountymd.gov

Meet **VIRTUALLY** in the comfort of your own home!

Tablets with data available on loan



March 13, 20, 27, April 3, 10, 17, 2023

Mondays 1:00 p.m.— 3:30 p.m.

Technology assistance for the workshop series will be provided. Tablets with data are available through our lending library program. Please note on the registration form or when you call to register.

Participants will receive a *Living a Healthy Life with Chronic Conditions* book and a *Relaxation for Mind and Body* CD. Donations for materials are accepted but not required to participate.



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 Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 or email ada@carrollcountymd.gov as soon as possible but no later than 72 hours before the scheduled event.