



Department of Aging and Disabilities

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For Immediate Release

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Manage Your Diabetes

Annapolis, MD (Sept. 12, 2011) – A six-week Diabetes Self-Management Program will be offered from 9:30 a.m. to noon Oct. 11, 18, and 25 and Nov. 2, 9, and 16 at the Severna Park Community Center, 623 Baltimore-Annapolis Blvd., Severna Park. The public is invited to sign up for this interactive series now.

Participants will learn how to identify problems caused by diabetes, manage their blood sugars, understand the relationship between food and blood sugar levels, and read nutrition labels. The workshops also will cover positive ways to deal with stress, techniques to help with depression, and communication skills to interact more effectively with physicians.

An evidence-based program developed by Stanford University and Northern California Kaiser Permanente, the program has shown a beneficial effect on physical and emotional outcomes and health-related quality of life. Participants reported decreased disability and fatigue, increased energy, lower health distress, more exercise and relaxation, and fewer social role limitations.

The \$40 registration fee includes the 380-page “Living A Healthy Life with Chronic Conditions” textbook. Scholarships are available. For information and to register, call Pam Toomey at the Anne Arundel County Department of Aging and Disabilities at 410-222-4366, Ext. 3057, or e-mail her at agtoom88@aacounty.org.

- *Making Life Better* -