



# Livingwell

## Diabetes Self-Management

The American Diabetes Association identifies this program as meeting the Diabetes Support Initiative criteria for support programming.

**A community-based workshop to help adults manage Type 2 diabetes or who are pre-diabetic.**

- Defining Diabetes
- Dealing with Stress
- Appropriate Exercise
- Carb-Counting
- Addressing Low and High Blood Sugar
- Healthy Eating / Menu Planning

**Mondays**

**May 12, 2025 - June 16, 2025**

**10:00 a.m. to 12:30 p.m.**

**Annapolis Senior Activity Center**

**119 S Villa Avenue, Annapolis, MD 21401**

Space is limited. To register, contact Jennifer Jackson at (410) 222-4335. Anyone needing accommodations should submit a request at least seven (7) days in advance of the event to Jennifer Jackson at [agjack88@aacounty.org](mailto:agjack88@aacounty.org) or by calling (410) 222-4383. TTY users, call via Maryland 7-1-1. All materials are available in alternate formats upon request.