

# Steps to Healthier Living!

Do you have type 2 diabetes?  
Are you pre-diabetic? Or do  
you help care for someone who  
is? This program is for you!



**Living Well Programs**, Living Well Programs for individuals 18 years and older are no cost, seven week programs. They start with a session 0 (a technology check in to make sure you are set up with what you need to access the virtual meeting). Each meeting will be two hours long and help you learn:

- Techniques to deal with the symptoms of diabetes: fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression and anger;
- Appropriate exercises;
- Appropriate use of medications;
- Healthy eating;
- How to work with your health care team

Call to register for our

## ***Virtual Living Well with Diabetes workshop!***

**Tuesdays, 01/05/2021—02/16/2021**

(1/5, 1/12, 1/19, 1/26, 2/2, 2/9, and 2/16/2021)

**5:30 p.m.—7:30 p.m.**

**Ms. Ashley Dickens-York**

(Cecil County Health Department)

**410.996.5168**

**Heike Button**

(Department of Community Services)

**410-996-8170**

