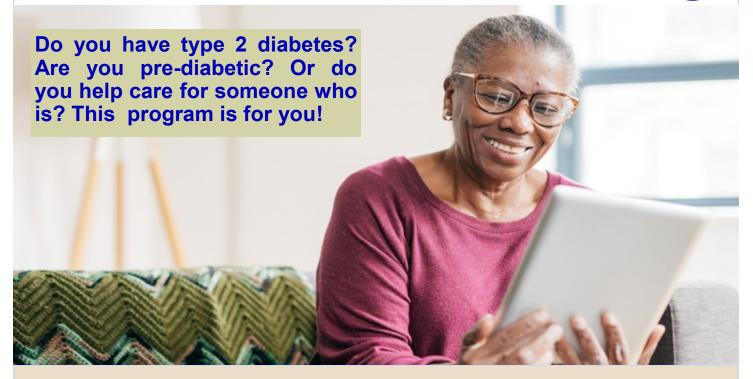
Steps to Healthier Living!



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







