



Angela D. Alsobrooks
County Executive



**PRINCE GEORGE'S COUNTY'S
DEPARTMENT OF FAMILY SERVICES INVITES
You to participate in
FREE ONE-HOUR WEEKLY WORKSHOP
By Phone From Your Home
DIABETES SELF-MANAGEMENT PROGRAM**



LED BY TRAINED & EXPERIENCED LEADERS

Let the Coronavirus not keep you uninvolved. If you have diabetes during this time of the Coronavirus, then this Workshop will be very useful for you. If you are required to take diabetes medication, such as Metformin, Glipizide and Insulin, then you have diabetes. This means, seeing your doctor regularly, and more importantly, managing your symptoms and medications in partnership with all physicians:

The Diabetes Self-Management Workshop is a community-based workshop to help adults manage Type 2 diabetes or pre-diabetes. The topics include:

- Defining Diabetes
- Dealing with Stress
- Appropriate Exercise
- Carb-Counting
- Addressing Low and High blood sugar
- Healthy eating/Menu Planning

This Workshop will also teach you how to improve your health and enjoy immense quality of life.

You will learn, among other things to:

- Promote a healthy lifestyle consisting of guidelines on nutrition
- Improve strength and endurance through specific exercises
- Practice Action Plans that work
- Be an active patient with your healthcare team by asking relevant questions

BENEFITS:

DSMP: Receive an evidence-based Tool Kit for Active Living with Chronic Conditions

- o Diabetes Self-Test & Tip Sheets Booklet;
- o Diabetes Plate Magnet and other useful material pertinent to diabetes.

Certificate of Completion

OPEN TO ALL PERSONS

To Register, Call Jackie Harley, Health Promotion Coordinator 301-248-0039