

KESWICK COMMUNITY EVENTS



Living Well with Diabetes

This 6-week program will teach you how to manage symptoms of Diabetes by taking control of your health.

The next 6-week series will be held at:

Keswick Multi-Care

700 West 40th Street, Baltimore MD 21211

February 25th

March 3rd, 10th, 17th, 24th, 31st

Thursdays, 4 PM – 6:30 PM

• **FREE HOT DINNER PROVIDED** •

Action in Maturity may be able to assist with transportation for you, if needed. Please let us know if you need assistance when you reserve your space.

 **KESWICK**

Right Care. Right Time. Right Place.



FREE

The program includes 15 hours of workshops and materials

Register Now!
Space Is Limited
410.662.4363

THE LIVING WELL WITH DIABETES SERIES WILL DISCUSS:

- Nutrition and Healthy Eating
- Monitoring Blood Pressure
- Skin and Foot Care
- Prevention and Exercise
- Stress Management

ChooseKeswick.org/Events