

MedStar Good Samaritan Hospital

Living Well ... Take Charge of Your Diabetes

Six Consecutive Wednesdays, March 18 to April 22

12:30 to 3 p.m.

MedStar Good Samaritan Hospital

Volunteer Conference Room located in the Smyth Building

Living life with diabetes

This educational series is dedicated to helping those with diabetes or those caring for someone with this condition. A variety of topics are covered during this six-week series, including good nutrition, using exercise to help control your diabetes, managing stress to stay healthy, and changing negative thoughts into positive ones. You'll also have the chance to share experiences with others and learn how they are living life to the fullest with diabetes. Register today and learn how you can become a positive self-manager of your diabetes.

Find the support you need

This free educational series is held in partnership with the Baltimore City Health Department. Registration is required.

To register, or for information about upcoming session dates and locations, visit MedStarGoodSam.org or call 443-444-4100.



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