



**Are you looking for skills to deal with the symptoms of diabetes,** such as fatigue, pain, high or low blood sugar, stress, and emotional problems such as depression, anger, fear, and frustration? Have you ever wanted to be your own health advocate in your medical care? This virtual workshop can help you to do just that!

This workshop is recommended for adults with Type 2 Diabetes or are pre-Diabetic. The Diabetes Self-Management Program is designed to improve an individual's A1C's and reduce the complications associated with Diabetes.

**Find Online Classes at [MDLivingWell.org/HUB](https://MDLivingWell.org/HUB)**

Whether you are coming to the workshop hoping to sharpen your blood sugar management skills or beginning to learn more about the disease process, you will walk away from this workshop with something new in your toolbox! Family members and caregivers are welcome, as they will also learn the skills needed to provide support and encouragement in this journey.

The class meets every week at the same day and time over Zoom. Every participant is sent a free E-book to the email they provided in their registration. To learn more, visit MAC Inc., Maryland Living Well Center of Excellence.

The Diabetes Self-Management Program has been approved as part of recognized Diabetes Education Programs by the

American Diabetes Association and the Association of Diabetes Care and Education Specialists.

**Topics include:**

- Exercise for maintaining and improving strength and endurance
- How to use glucose monitoring to make day-to-day decisions and to help manage sick days
- Healthy eating and menu planning
- Understanding and managing your medication
- Communication skills to build confidence and help you work more effectively with your health care team
- Recommended tests for prevention of complications
- Proper foot care

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