

DIABETES SELF-MANAGEMENT PROGRAM

If you've been diagnosed with type 1 or type 2 diabetes, **LIVING WELL WITH DIABETES** is a diabetes self-management program with interactive group education.

Participants will work with a group of health care professionals including:

- Certified Diabetes Educators
- Nurses
- Registered Dietitians
- Pharmacists
- Wellness Coaches/Activity Instructors

The program is offered monthly and covers the many aspects of diabetes self-management and glycemic control. A family member or support person is welcome to attend with you.

A physician referral is required to attend.

For more information, visit
UPMCWesternMaryland.com/DSMT
or call UPMC Western Maryland
Center for Clinical Resources at
240-964-8787.

