



# Calvert County NEWS

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## FOR IMMEDIATE RELEASE

**Date:** July 10, 2019

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### Office on Aging Hosts Workshops to Help Seniors Live Well with Diabetes

**PRINCE FREDERICK, Md. – July 10, 2019** – In collaboration with the Calvert County Health Department, the Calvert County Office on Aging is offering a six-week workshop titled, "Living Well with Diabetes." This class will help pre-diabetics and those with diabetes learn how to manage their condition.

The workshop will be offered at all three senior centers on the following dates and times:

- **Calvert Pines Senior Center** (450 W. Dares Beach Road, Prince Frederick)  
Mondays, Aug. 12 through Sept. 23, 9-11:30 a.m. (no class on Sept. 2)
- **North Beach Senior Center** (9010 Chesapeake Ave., North Beach)  
Fridays, Aug. 16 through Sept. 20, 9-11:30 a.m.
- **Southern Pines Senior Center** (20 Appeal Lane, Lusby)  
Mondays, Aug. 19 through Sept. 30, 1-3:30 p.m. (no class on Sept. 2)

The class and materials are free. Participants must register by calling 410-535-5400, ext. 459.

The Calvert County Office on Aging provides a broad range of programs and services that enable senior citizens to maintain the best possible quality of life. Find information on Calvert County Government services online at [www.CalvertCountyMd.gov](http://www.CalvertCountyMd.gov). Stay up to date with Calvert County Government on Facebook at [www.facebook.com/CalvertCountyMd](http://www.facebook.com/CalvertCountyMd).

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