



Calvert County NEWS

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FOR IMMEDIATE RELEASE

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Office on Aging to Host Workshops to Help Seniors Live Well with Diabetes

PRINCE FREDERICK, Md. – Dec. 20, 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 the Calvert Pines Senior Center located at 450 West Dares Beach Road in Prince Frederick. Sessions will be held every Tuesday, Jan. 7 through Feb. 11 from 11:30 a.m. to 2 p.m.

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. Stay up to date with Calvert County Government on Facebook at www.facebook.com/CalvertCountyMd.

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