



Calvert County News

175 Main St., Prince Frederick, MD 20678 • 410-535-2003
www.calvertcountymd.gov

Board of Commissioners
Christopher J. Gadway
Earl F. Hance
Mike Hart
Kelly D. McConkey
Steven R. Weems

FOR IMMEDIATE RELEASE

Date: Sept. 17, 2021

Contact: Sarah Ehman, Public Information Program Manager
410-535-2003 Sarah.Ehman@calvertcountymd.gov

Heather Skyrn, Communications Program Specialist
410-535-2003 Heather.Skyrn@calvertcountymd.gov

Office on Aging Hosts Workshops to Help Seniors Live Well With Diabetes

PRINCE FREDERICK, Md. – Sept. 17, 2021 – In collaboration with the Calvert County Health Department, the Calvert County Office on Aging is offering a free, six-week “Living Well with Diabetes” workshop. This interactive class provides practical tips and insights to help those with diabetes and pre-diabetes learn how to manage their condition.

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

- **North Beach Senior Center** (9010 Chesapeake Ave., North Beach)
Fridays, Oct. 8 through Nov. 12, 1-4 p.m.
- **Southern Pines Senior Center** (20 Appeal Lane, Lusby)
Mondays, Nov. 8 through Dec. 13, 1-4 p.m.

All materials are provided at no cost. 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 and YouTube at www.youtube.com/CalvertCountyGov.

###