



# Calvert County News

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## FOR IMMEDIATE RELEASE

**Date:** April 11, 2022

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

**PRINCE FREDERICK, Md. – April 11, 2022** – In collaboration with the Calvert County Health Department, the Calvert County Office on Aging is offering a free, six-week “Living Well with Diabetes” program for citizens 50 years and older. This interactive class provides practical tips and insights to help those with diabetes and pre-diabetes learn how to manage their condition.

The workshops will be offered at the Southern Pines Senior Center on Mondays from April 18 through May 23 at 1 p.m. All materials are provided at no cost. Participants must register by calling 410-535-5400, ext. 355.

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](https://www.facebook.com/CalvertCountyMd) and YouTube at [www.youtube.com/CalvertCountyGov](https://www.youtube.com/CalvertCountyGov).

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