

Diabetes Fitness and Education Classes

Diabetes is a complex disease. When not properly managed, it can lead to heart attacks, strokes, blindness, kidney failure, nerve damage and limb amputation. The Joslin Diabetes Education Center at Doctors Community Hospital can help!

Join our diabetes fitness and education class where you will learn how to better manage diabetes while improving your overall health. Each class includes a one-hour diabetes management education session and a one-hour physical exercise session.

Also, our compassionate team of certified diabetes educators and dietitian will provide insights about:

- ✦ Role of physical activity in controlling blood glucose
- ✦ Different activities that may affect blood glucose
- ✦ Exercising safety tips for people who have diabetes

Doctors Community Hospital
Joslin Diabetes Education Center
8100 Good Luck Road, 5th Floor
Lanham, Maryland 20706
Classes are covered by most insurance plans.

For the class schedule or to register, call us at 301-552-8661.

