Nutritional Counseling

Christiana Care Cecil County Nutrition and Diabetes Center provides nutritional counseling for a variety of medical conditions that can be treated with lifestyle changes. These may include weight management, Celiac disease, Gastrointestinal conditions, high cholesterol, high blood pressure, kidney disease. These sessions are by appointment only and are typically billed through insurance.
To schedule, please call 410-620-1210.


Weight Management Program

Christiana Care Cecil County Nutrition and Diabetes Center offers an 8 week weight loss program. This program will provide you with the tools that you will need to make long-term and realistic lifestyle changes, including an Individualized diet and exercise plan to help you accomplish your weight loss goals. You will meet with our team weekly to help adjust your plan and ensure that you are on the right track for success. These sessions are by appointment only. To schedule, please call 410-620-1210.

Healthcare Resources in Cecil County

Diabetes Self Management Education Program

Christiana Care Cecil County Nutrition and Diabetes Center provides individual and group diabetes classes on an ongoing basis. During these sessions, you will learn what diabetes is, how it affects your body, how your medications work and what changes you can make including, food intake, exercise, yearly medical care and other lifestyle changes. These sessions are by appointment only and are typically billed through insurance.
To schedule, please call 410-620-1210.

For more programs and services visit https://cecilcountyhealth.findhelp.com/

Programs are free of charge unless marked differently.

If you would like to suggest a resource to be added to this brochure, call 410-996-5168

Last updated 1/20/2023

55+ Healthy Lifestyles Fitness Center

The Healthy Lifestyles Fitness Center is for adults age 55 and above and offers Keiser equipment, personal trainers, and a non-threatening atmosphere where the focus is on exercising safely at your own pace. Self pay cost applies. For more information please call 410-996-8170.


Prevent Diabetes
Diabetes Resources

Diabetes Self-Management Program

Diabetes Self-Management Program (DSMP): An evidence based, six week program that meets once a week for two hours. Participants will learn techniques to deal with the symptoms of diabetes, appropriate exercises, healthy eating, and use of medications, as well as how to work with your health care team. For more information call 410-996-5168.

Dining With Diabetes

Dining with Diabetes (DWD) teaches adults how to manage their pre-diabetes or diabetes. It consists of 4 weekly, 2-hour sessions and teaches menu planning, Carbohydrate counting, portion control, label reading, and provides cooking demonstrations. The DWD curriculum was certified by the American Association of Diabetes Educator’s, AADE7 framework for including the 7 self-care behaviors for effective self-management of diabetes. For more information call 410-996-5280 or 410-996-8133 or email bjackey@umd.edu.

Beverly A. Jackey, MS, RDN
Family and Consumer Sciences Educator
University of Maryland Extension
https://extension.umd.edu/locations/cecil-county/nutrition-and-wellnessfamily-consumer-sciences

National Diabetes Prevention Program

A year-long, CDC-approved program to prevent or delay type 2 diabetes with weekly meetings for the first 4 months, then twice a month for the next two months, then once a month for the remainder of the year. Participants learn skills related to getting active, eating healthier, managing stress, setting goals, and managing weight. Self pay cost may apply. For more information call the Cecil County Health Department at 410-996-5168.

Tobacco Cessation Services

For more information call 410-996-5168.

Expanded Food and Nutrition Education Program (EFNEP)

For more information call 410-920-8870.

Supplemental Nutrition Assistance Program – Education (SNAP-Ed)

For more information call 410-920-8870.

Fresh Conversations

A free online nutrition education program for older adults.
For more information call 410-996-5280.

Find a food pantry near you by visiting https://mdfoodbank.org/find-food/

Chronic Disease Self-Management Program

Chronic Disease Self-Management Program (CDSMP): An evidence based, six week program that meets once a week for two hours. Participants will learn techniques to deal with the symptoms of chronic conditions, frustration, fatigue, pain and isolation. For more information call 410-996-5168.

Healthy Options Program for Seniors (H.O.P.S.) Fitness Classes

6-week exercise classes or one-time presentations for 55+ adults free of charge. Following classes are currently offered: Barre, Back to Basics (Veterans only), Line Dancing, Enhance Fitness, Muay Thai Fitness, Pilates, S.A.I.L. (Stay Active and Independent for Life), Senior Strength Training, Tai Chi, Yoga, Zumba Gold. For more information call the Department of Community Services, at 410-996-8170.
https://www.ccgov.org/government/community-services/community-wellness-division/cecil-senior-s-o-i-a-r-system