

Living Well With Diabetes—

Diabetes Self-Management Program

Self-Management Workshops:

- Healthy eating
- Exercise
- Stress management
- Communication
- Manage blood glucose levels
- Action planning
- Problem solving
- Prevent complications
- Skin & foot care
- Reduce & manage weight
- Goal setting



Who is Eligible?

- 60+ living with pre-diabetes or diabetes
- 60+ caregiver/family member of someone living with pre-diabetes or diabetes

Upcoming class:

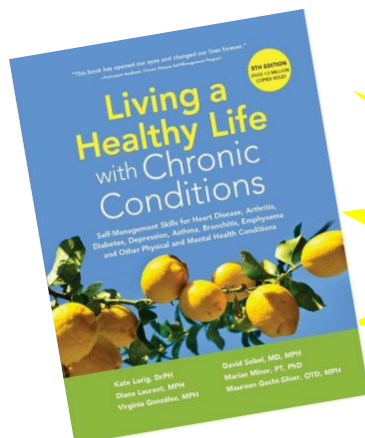
Where: Virtual using Zoom

When: Tuesdays, April 12—May 17, 2022

Time: 1—3:30PM

Register by March 25, 2022

To register: Megan at 717-855-0437



No charge. Free toolkit.
Space is limited. Sign up
today!



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