

# 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:

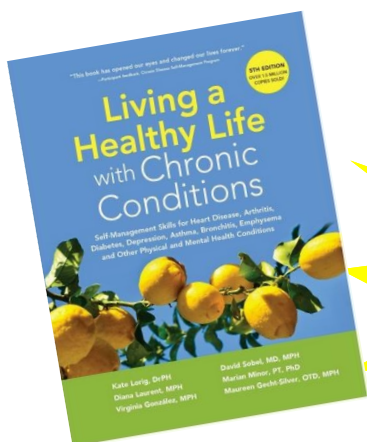
**Where:** York County at Pleasant Valley Road  
2401 Pleasant Valley Road, York 17402

\*near York Galleria Mall

**When:** Wednesdays, July 13—August 3 &  
Tuesdays, August 9—16

**Time:** 1—3:30PM

**To register: Megan at 717-855-0437**



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



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