



Diabetes Self-Management Program

York County Area Agency on Aging

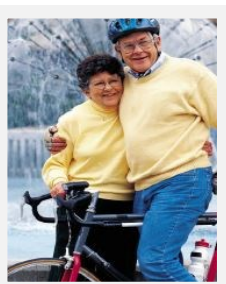
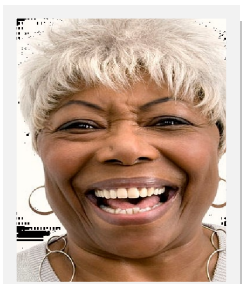
A Pennsylvania Community Initiative

Workshop Topics

- 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+ and living with type 2 diabetes
- 60+ caregiver/family member of someone living with type 2 diabetes



Where: York Commons, 2406 Cape Horn Road, Red Lion

When: Thursdays, July 19, 26 & August 2, 9, 16, & 23

Time: 9AM — 11:30AM

Call to Register: Megan at 717-771-9610

****This is a 6 session workshop with no charge. Seats are limited!**



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