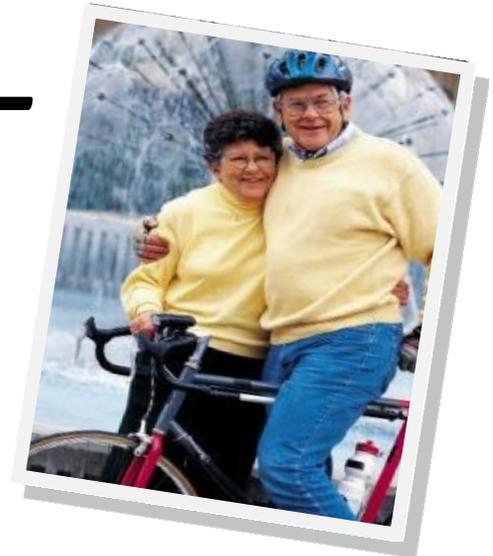


# York County Area Agency on Aging

## *Living Well With Diabetes – Your Life, Your Way*



### 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 type 2 diabetes
- 18+ living with a disability and type 2 diabetes

Family members and caregivers are welcome!

**Where:** Windy Hill On the Campus, 1472 Roths Church Road, Spring Grove, 17362

**When:** Wednesdays, October 26-December 7, 2016  
(no class November 9)

**Time:** 9:30AM—12:00PM

### **Call to Register:**

Windy Hill On the Campus,  
717-225-0733

\*No charge for the program!



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