

Healthier Living with Diabetes

FOR PEOPLE AGE 60+



6-WEEK WORKSHOP:

Tuesdays:
March 18, 25
April 1, 8, 15, 22
1- 3:30 PM

Pine Grove VFW
140 S. Tulpehocken Street
Pine Grove, PA 17963

* There is no cost, but pre-registration by March 14 is required. Space is limited. Register early by calling 570-624-3017.

STS Shared Ride Van available for \$1 each way for those age 65+ for evidence-based Health & Wellness programs and visits to our Senior Community Centers. Registration with STS required at 1-800-832-3322.

 **DIAKON** COMMUNITY SERVICES
DIAKON CHILD, FAMILY & COMMUNITY MINISTRIES
 www.diakon.org/community-services

This 6-week workshop led by certified trainers has proven to help people with Type-2 Diabetes and pre-diabetes better manage their condition.

Topics include:

- monitoring blood sugar
- menu planning
- healthy eating
- exercise
- avoiding complications
- and more.

Family members and caregivers are also invited.



OFFICE OF SENIOR SERVICES

Diakon Community Services manages Pennsylvania's Health & Wellness program under a contract with the Schuylkill County Office of Senior Services with funding by the PA Department of Aging.