



Berks County
Area Agency on Aging

Living Well with Diabetes!

***This POWERFUL,
LIFE-CHANGING
program is coming
to your neighborhood!***



free

Developed by Stanford University, this highly participative, evidence-based program helps individuals with diabetes learn how to TAKE CHARGE in the management of their disease and overall health to lead active and fulfilling lives!

Open to pre-diabetics, diabetics & family members

WEDNESDAYS

January 31st - March 7th

9am – 11:30am

Boyertown Senior Living at

Walnut Woods

35 North Walnut Street, Boyertown

FREE, but requires registration!

Call Kathy Roberts: 610-374-3195, ext. 230, Email: kroberts@berksencore.org