



Pennsylvania Community Living Initiative

Steps to Healthier Living™

Self-Management Programs

Program Schedule

Programs are delivered in a 6-workshop series. Workshops are weekly for 2½ hours. Participants may enroll in programs during the first 2 weeks of session.

Berks County

What: Diabetes Self-Management Program

When: Wednesdays, September 4, 2019 to October 9, 2019; 9:00 am – 11:30 am

Where: Penn State Health: PSU St. Joseph Hospital –

Exeter Campus 3970 Perkiomen Avenue, Reading, PA 19606

Contact: Berks Encore at 610-374-3195 extension 230 to register

What: Diabetes Self-Management Program

When: Thursdays, September 9, 2019 to October 10, 2019; 12:30 pm – 3:00 pm

Where: Berks Encore – Strausstown Senior Center 44 East Street, Strausstown, PA 19559

Contact: Berks Encore at 610-374-3195 extension 230 to register

Wayne County

What: Diabetes Self-Management Program

When: Mondays, July 3, 2019 to July 8, 2019; 1:00 pm – 3:30 pm

Where: Honesdale Senior Center 323 10th Street Honesdale, PA 18431

Contact: Call 570-253-4262 to register

York County

What: Diabetes Self-Management Program

When: Wednesdays, July 17, 2019 to August 21, 2019; 1:00 pm – 3:30 pm

Where: York County 911 Center 120 Davies Drive York, PA 17402

Contact: Megan Craley at 717-771-9610

What: Diabetes Self-Management Program

When: Tuesdays, September 10, 2019 to October 15, 2019; 9:00 am – 11:30 am

Where: South Central Senior Center 150 E. Main Street New Freedom, PA 17349

Contact: 717-235-6060 to register

For more information, call toll-free 1-(855) 344-2844
or email pacli@phmc.org or go our website www.pacli.org