



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.

Philadelphia County

What: Diabetes Self-Management Program

When: Thursdays, March 12, 2020 to April 16, 2020; 5:00 pm – 7:30 pm

Where: Stephen & Sandra Sheller 11th Street Family Health Services of Drexel University
850 N. 11th Street Philadelphia, PA 19123

Contact: Alison at 21-769-1100 ext. 2141

What: Diabetes Self-Management Program

When: Thursdays, March 12, 2020 to April 16, 2020; 9:30 am – 12:00 pm

Where: Mayor's Commission on Aging Land Title Building
100 South Broad Street, Phila, PA 19110

Contact: Lucita Rivera at 215-605-1592 or email lucita@phmc.org

What: Chronic Disease Self-Management Program

When: Tuesdays, April 7, 2020 to May 12, 2020; 10:00 am – 12:30 pm

Where: Center in the Park 5818 Germantown Ave., Philadelphia, PA 19144

Contact: Keyerra Charles at 215-848-7722 ext. 305 or E-mail: kcharles@centerinthepark.org

What: Chronic Disease Self-Management Program

When: Thursdays, April 23, 2020 to May 28, 2020; 10:00 am – 12:30 pm

Where: St. Helena's 6127 N. 5th Street, Philadelphia, PA. 19120

Contact: Keyerra Charles at 215-848-7722 ext. 305 or E-mail: kcharles@centerinthepark.org

Wayne County

What: Chronic Disease Self-Management Program

When: Mondays, March 2, 2020 to April 6, 2020; 11:00 am – 3:00 pm

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

Contact: Marie Alexander at 570-253-4262

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

York County

What: Chronic Disease Self-Management Program

When: Mondays, April 13, 2020 to May 18, 2020; 9:30 am – 12:00 pm

Where: York Township Park Building 25 Oak Street York, PA 17402

Contact: Megan Craley at 717-771-9610

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