



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.

Lackawanna

What: Chronic Disease Self-Management Program

When: Mondays, March 19- April 23rd, 2018; 1-3:30pm

Where: Bedford Towers, 400 Bedford Street Clark Summit PA

Contact: Molly Fuchs 570-880-7130 x 111 or Meredith McCracken 570-880-7130 x 115

Philadelphia

What: Diabetes Self-Management Program

When: Thursdays, March 15- April 19, 2018; 3:30- 6pm

Where: Oak Lane Library, 6614 N. 12th St. Philadelphia PA 19126

Contact: Deb Ahrens, 215-685-2848

What: Diabetes Self-Management Program

When: Fridays, April 20- May 25, 2018; 10 am- 12:30pm

Where: Tilden Middle School- Room 101; 6601 Elmwood Ave, Philadelphia, PA 19142

Contact: Lucita Rivera, 215-731-6112

What: Diabetes Self-Management Program

When: Mondays, March 26- April 30, 2018; 11:30 am- 2pm

Where: Food & Wellness Network CUA #3, 4346 Frankford Ave, Philadelphia PA 19124

Contact: Ruby Davis, 215-731-6112

What: Diabetes Self-Management Program

When: Thursdays, April 19- May 24, 2018

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

Contact: Fatima Jackson 215-848-7722 ex. 305

What: Programa de Manejo Personal de la Diabetes

When: Thursdays, May 3- June 7, 2018; 9:30-12

Where: Mann Older Adult Center, 3201 N 5th St, Philadelphia, PA 19140

Contact: Lucita Rivera, 215-731-6112

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

Berks

What: Living Well with Chronic Conditions

When: Wednesday s, April 18- May 23, 2018; 1-3:30pm

Where: Walnut Woods, 35 N. Walnut Street, Boyertown, PA

Contact: Kathy, 610-374-3195 x230 or k.roberts@berksencore.org

York

What: Diabetes Self-Management Program

When: Wednesdays, March 28 to May 2, 2018; 9:30am- 12pm

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

Contact: Pre- register by calling Megan at 717-771-9610 or 1-800-632-9073

**For more information, call toll-free 1-(855) 344-2844
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