



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

What: Diabetes Self-Management Program - Spanish

When: Tuesdays, January 9- February 13, 2018; 9:30 am – 12:00 pm

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

Contact: Lucita Rivera, 215-605-1592

What: Diabetes Self-Management Program

When: Wednesdays, January 10- February 14, 2018; 10:00 am – 12:30 pm

Where: Four Freedoms House, 6101 Morris St, Philadelphia, PA 19144

Contact: Lisette Centeno 267-721-0385

What: Diabetes Self-Management Program

When: Thursdays, January 25- March 1, 2018; 1-3:30pm

Where: The Apartments at Germantown; 127 R. West Gorgas Lane Philadelphia PA 19119

Contact: Amanda Bracy 267-286-4883 abracy@newcourtland.org

What: Diabetes Self-Management Program

When: Wednesdays, January 17th- February 21st, 2018; 10-12:30pm

Where: New Pathways Project; 2539 Germantown Ave, Philadelphia, PA 19133

Contact: Barbara Washington, 215-225-5803

What: Diabetes Self-Management Program

When: Thursdays, January 11th-February 15th, 2018; 1-3:30pm

Where: Opportunity Towers I & II, 1717 W. Hunting Park Ave., Philadelphia, PA 19140

Contact: Alisha Seigler, 215-229-1000

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
or email pacli@phmc.org or go our website www.pacli.org**