

Live Your Best Life with Diabetes

Geisinger

This free program helps you monitor blood sugar, manage symptoms and live a healthier life. You must be 60 or older and should attend all sessions.

Mondays, April 3 - May 15
9 - 11:30 a.m.

Benton Senior Center
42 Community Drive

To register, call [866-415-7138](tel:866-415-7138)
(PA Relay 711) or visit
events.geisinger.org

COLUMBIA-MONTOUR
Aging  Office, Inc.
The Agency with Heart!