

# Have diabetes?

## Geisinger

### Live Your Best Life with Diabetes

This program helps you monitor blood sugar, manage symptoms and live a healthier life. Book and relaxation CD included.

**Fridays, Sept. 22 – Nov. 3 • 9-11:30 a.m.,  
no class Oct. 6**

**Berwick Senior Center  
1401 Orange St.**

Limited to 15 participants age 60 or older.  
To register, call 866-415-7138 (PA Relay 711)  
or visit [events.geisinger.org](http://events.geisinger.org).

COLUMBIA-MONTOUR *Diabetes self-management program*  
Aging  *supported by Pennsylvania*  
*Department of Aging.*