



# Living Well with Diabetes

A six-week, **evidence-based class** for people with Diabetes or Pre-Diabetes and their family members.



berks**encore**

**Wednesdays**  
**October 4 - November 8**  
**1 to 3:30 p.m.**

**Location:**  
Friedens UCC  
337 Main Street, Oley

**FREE, but requires registration.**  
Call 610-374-3195 x224 or email [MSitler@BerksEncore.org](mailto:MSitler@BerksEncore.org)