



Living Well with Diabetes

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



berks**encore**

Thursdays
February 1 - March 8
1 to 3:30 p.m.

Location:
Good Shepherd UCC
170 Tuckerton Road
Reading, PA 19605

Program is **FREE**, but registration is required.
For more information or to register, call Kathy Roberts at 610-374-3195, ext. 230.