

LIVING WITH DIABETES SUPPORT GROUP

**THE LIVING WITH DIABETES
SUPPORT GROUP IS SPONSORED
BY THE DIABETES AND NUTRITION
DEPARTMENT OF PENN HIGHLANDS
MON VALLEY.**

For those who have been diagnosed with diabetes or are the family member or caregiver of someone with diabetes. Join the group for education, sharing personal stories and socialization with others who are going through similar situations.

This group is led by registered dietitians and diabetes educators from Penn Highlands Mon Valley. The programs are free.

DIABETES & NUTRITION WELLNESS CENTER

Penn Highlands Mon Valley
1163 Country Club Road
Monongahela, Pa 15063-1095
724-258-1483

www.phhealthcare.org

2024 GROUP SCHEDULE

February 15, 2024

Choosing Heart Healthy Fats
2:00 PM - 3:00 PM
Penn Highlands Mon Valley
Anthony M. Lombardi Education
Conference Center

April 11, 2024

Medications and Kidney Function
6:00 PM - 7:00 PM
Penn Highlands Mon Valley
Anthony M. Lombardi Education
Conference Center

June 6, 2024

Yoga/Meditation/Walking
(Exercise and Cardiovascular Disease)
6:00 PM - 7:00 PM
Mon Valley HealthPlex
Room 120

August 8, 2024

Medications for Diabetes and
Cardiovascular Disease
2:00 PM - 3:00 PM
Penn Highlands Mon Valley
Anthony M. Lombardi Education
Conference Center

October 17, 2024

Holiday Recipe Modifications
2:00 PM - 3:00 PM
Penn Highlands Mon Valley
Anthony M. Lombardi Education
Conference Center

