

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

2026 GROUP SCHEDULE

February 26, 2026

Mediterranean Diet/Recipes
2:00 PM - 3:00 PM
Penn Highlands Mon Valley
Anthony M. Lombardi Education
Conference Center

April 23, 2026

DASH Diet/Recipes
2:00 PM - 3:00 PM
Penn Highlands Mon Valley
Anthony M. Lombardi Education
Conference Center

June 11, 2026

Complications and Sick Day Management
2:00 PM - 3:00 PM
Penn Highlands Mon Valley
Anthony M. Lombardi Education
Conference Center

September 17, 2026

Protecting Yourself Head to Toe
2:00 PM - 3:00 PM
Penn Highlands Mon Valley
Anthony M. Lombardi Education
Conference Center

November 19, 2026

Staying On Track During the Holidays/Lunch
1:00 PM - 3:00 PM
Penn Highlands Mon Valley
Anthony M. Lombardi Education
Conference Center

