



2017 DIABETES SUPPORT GROUP



**Heart of Lancaster Regional Medical Center
Multi-Purpose Room
(Enter At Patient Entrance)
1500 Highlands Drive, Lititz, PA
6-7pm**

Are you looking for suggestions and new ways to help manage your diabetes?

IF SO, THIS EDUCATIONAL SERIES AND SUPPORT GROUP IS FOR YOU!

Join CPRS Physical Therapy and The Diabetes Center for Improvement for these upcoming quarterly events to help you learn to manage your diabetes better:

February 8 – Vascular Health: Join local surgeon, Dr Joseph Cavorsi, from the Wound Healing Center, to discuss diabetes and vascular surgery.

May 10 – Diabetes De-Stress: Learn about ways to cope with the complexities of diabetes with Sharon Trani, CRNP from Cornerstone Family Health.

August 9 – Diabetes Together: A1C Champions. Living with diabetes is hard! Lets come together to develop ways to deal with the daily grind of diabetes.

October 11 – Panel Discussion: Q & A with health professionals such as Carol Spicher, Nutritionist & Diabetes Educator for Diabetes Center for Improvement at General Internal Medicine who has lived with type 1 Diabetes for 28 years; Dan Stone, Physical Therapist and Certified Diabetes Educator for CPRS Physical Therapy; local patients living with diabetes, and a local physician.

**RSVP: 717.492.9532
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