

DIABETES WELLNESS GROUP



Both English & Spanish Meetings
Wednesdays – 12:45 - 3:00 PM
Penn State Health St. Joseph
Downtown Reading Campus – Lower Level

Learn about your diabetes and how to care for it
with Nutrition, Exercise and Your Medications

For more information call Magda at 610-208-4728,
or Kathy at 610-208-4535.



PennState Health
St. Joseph

www.thefutureofhealthcare.org

