

Support Groups



Another great resource available for helping you to overcome barriers is to find support in a group. Often people find that sharing their story about their health issues with people who have gone through the same issues can be very helpful physically and emotionally. Sharing your story with people who have the same health issues and struggles can be helpful. Support groups can be a place where people with diabetes and heart disease can come together and help one another.

York and Adams counties have many support groups for those with diabetes and heart disease making it easy to find one that's right for you. Please check out the I Can! Challenge's resource page for a complete listing of these groups!