

Diabetes Classes and Programs

Diabetes Cooking Classes

Elmwood Mansion Conference Center
To register, call (717) 849-5462

Diabetes Self-Management Program

(717) 337-4264 (x5)

Choose to Change Program

WellSpan Adams Health Center
(Gettysburg, PA)
Wednesdays, June 17 – July 22 (6:00-7:30 p.m.)
Registration required: \$60.00 for six-week series / Insurance may cover some or all of series.
(717) 812-4091

Choose to Change Program

Apple Hill Medical Center, Suite 193
(York, PA)
Saturdays, 7/11– 7/22 (9:30-11:00)
Registration required: \$60.00 for six-week series / Insurance may cover some or all of series.
(717) 812-4091

Choose to Change Program is designed to help attendees set goals and develop an action plan to improve one's lifestyle or chronic condition, health and mental well-being.

Diabetes Information and Resources

Gettysburg Hospital

147 Gettys Street
Gettysburg, PA 17325
(717) 337-4189

Gettysburg Diabetes Resource Group

2nd Monday of every month
(Feb., Apr., Jun., Oct., Dec.) 6:30-8 PM
Call Marcia Fiscel at (717) 337-4189

York Hospital Diabetes

Self-Management Program
298 St. Charles Way
York, PA 17402
(717) 851-5341

American Diabetes Association

3544 N. Progress Ave. - Suite 101
Harrisburg, PA 17110
1-800-Dia-Bete

Diabetes Puzzle - Putting it all together

Hanover Community Health & Ed. Center
400 York St.
Hanover, PA 17331
(717) 849-5461

Diabetes Self-Management Education

Memorial Hospital
325 South Belmont St.
York, PA 17403
(717) 849-5461

Know Your Healthy Steps

1420 6th Avenue, Suite 3
(717) 849-5462

Know Your Nutrition

1420 6th Avenue
Suite 3
(717) 849-5462

National Diabetes Information Clearinghouse

1-800-860-8747

Diabetes Support Groups

Diabetes Support Group

1420 Sixth Avenue

Suite 3

Second Wednesday of each month

7-8:30 PM

(717) 849-5461

York Diabetes Support Group

Meets 2nd Thursday monthly

298 St Charles Way

No Charge

7-8:30 PM

Contact -Lori Shultz, R.N., CDE –

(717) 851-5347 or

Roberta Kepner, R.N. – (717) 851-5348

York Hospital

York, PA

Contact – Ann Moehlman

[Cd amoehlman@yorkhospital.edu](mailto:Amoehlman@yorkhospital.edu)

Quarterly - call for dates

(717) 741-4690

Gettysburg Diabetes Support Group

Contact: Marsha Fiscel

(717) 337-4189

Second Monday of each month

6:30-8 PM

The Outpatient Diabetes Education Program

Hanover Hospital

400 York St, Hanover, PA

(717) 633-2188

Diabetes Self-Management Program Outpatient Group

Elmwood Conference Center

Memorial Hospital

325 S. Belmont St, York, PA

(717) 815-2755

Living With Diabetes Support Group

(717) 633-2118

Spanish Diabetes Support Group

York American Spanish Center

Contact – Lourdes Gonzales

(717) 846-9434

The third Thursday of every month
starting in February

Diabetes Websites

<http://www.iknowdiabetes.org/>

<http://www.mayoclinic.com/health/diabetes/DA99999>

<http://www.nlm.nih.gov/medlineplus/diabetes.html>

<http://www.dlife.com/> - recipes, forums. Membership is free, lots of good resources

<http://www.dearjanis.com/> - free newsletter. Good resource

<http://diabetes.webmd.com/> - resource
<http://www.rd.com/profilecenter/openAllPreferencesPage.do?sourceId=152&wtGroup=HWREDIRECT&wtID=newsletter> – Stop Diabetes in its Tracks. Stop Diabetes is a monthly newsletter from Reader's Digest that offers trusted advice and information to help you maintain stable, healthy blood sugar levels. You'll also get delicious diabetes-friendly recipes, valuable tips and much more.

http://www.kraftfoods.com/diabetic/main.aspx?s=diabetic&m=main_content – A free program from Kraft Foods. Has recipes, logs, journal and articles on diabetes.

<http://ginews.blogspot.com/> a newsletter with tips, recipes and reports

<http://www.ndep.nih.gov/> National Diabetes Education Program

<http://www.diabetes.org/home.jsp> - American Diabetes Association

<http://www.eatright.org>

<http://www.cdc.gov/diabetes/>

<http://www2.niddk.nih.gov/>

<http://www.fda.gov/diabetes/>

www.medlineplus.gov

<http://diabetescontrolforlife.com/>

http://www.defeatdiabetes.org/self_management/text.asp?id=Diabetes_Support_Gro

<http://www.diabeteshealth.com/>

http://www.januvia.com/sitagliptin/januvia/consumer/index.jsp?WT.srch=1&WT.mc_id=JA7OL

<http://www.womenshealth.gov/faq/diabetes.htm>

www.diabetes.webmd.com

www.diabetes.niddk.nih.gov