

Do you have Diabetes or Heart Disease?

I CAN! CHALLENGE

I have learned how to determine whether I'm receiving good quality health care, and what resources are available. With help from my doctor, family, friends, and the I Can! Challenge, I can face any obstacles that come along with diabetes.

– Janis Lopez



Join our ***FREE** program!

Get the support you need to feel better and healthier!

- Follow the step-by-step guide on your own, or with friends or co-workers.
- Participate online or by using our written workbook.
- Learn more about your condition.
- Share goals, successes and challenges through Facebook.
- Find out how to control your portions, handle stress, and learn ways to be active.
- Receive weekly text messages, or emails to keep you going.
- Learn how to partner with your doctor, so you receive the highest quality care.
- Watch how others rose up to the Challenge.
- And, most importantly – improve your health!

Visit **ICanChallenge.com** or call toll-free **1-866-997-ICAN** (1-866-997-4226) to find out when the next Challenge begins.

**Aligning Forces
for Quality**

Improving Health & Health Care in Communities
Across South Central Pennsylvania

An initiative of Healthy York County Coalition and the Robert Wood Johnson Foundation.

*Limited spots available for classroom challenges. A minimal fee will be charged to participate in the classroom challenge. The money will be returned if you successfully complete the 12-week program. Call for more details.