

November is
**National
DIABETES
Month**



Join us for Diabetes Day!



Saturday, November 11, 2017 • 10am-12pm

Heart of Lancaster Regional Medical Center
1500 Highlands Drive, Lititz

*Free
Admission!*

Educational Resources • Refreshments • Health Screenings
Fall Risk Assessments • Door Prizes • Local Vendors • Much More!

Fit With Diabetes

Exercise is a key component in managing diabetes, and, in some cases, can also prevent it. Learn how physical activity affects your diabetes and gain confidence to start a workout routine of your own. Hear a dynamic presentation from Dan Stone, DPT, CDE, a doctor of physical therapy, certified diabetes educator and former collegiate wrestler living with Type 1 diabetes.

For More Information, Contact Doreen at 735-7913

Find Us On



Diabetes Center For Improvement

www.physiciansallianceltd.com

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