

Note: Following information is subject to change.

Diabetes Support Groups, Programs & Resources

Diabetes Support Group

1420 Sixth Avenue Suite 3 Second Wednesday of each month 7-8:30 PM
(717) 849-5461 or (717) 815-2755

York Diabetes Support Group

Meets 2nd Thursday monthly
298 St Charles Way - York
No Charge 7-8:30 p.m.
Contact: Lori Shultz, R.N., CDE (717) 851-5347 or Roberta Kepner, R.N. (717) 851-5348

York Hospital

York, PA
Contact: Ann Moehlman (717) 741-4690
Held quarterly - call for dates

Gettysburg Diabetes Support Group

Contact: Marsha Fiscel
(717) 337-4189
Held second Monday of each month (6:30-8 p.m.)

The Outpatient Diabetes Education Program

Hanover Hospital
400 York St, Hanover, PA
(717) 633-2188

Diabetes Self-Management Program Outpatient Group

Elmwood Conference Center

Gettysburg Diabetes Resource Group

2nd Monday of every month (Feb., Apr., Jun., Oct., Dec.) from 6:30-8 p.m.
Contact: Marcia Fiscel (717) 337-4189
Must Register for Classes
Four Classes Offered:

1. Diabetes facts, meds, monitoring
2. Nutrition & meal planning
3. Strategies for using fat, fiber, alcohol, etc.
4. Coping with diabetes complications, sick day info, travel tips

York Hospital Diabetes

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

American Diabetes Association

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

Diabetes Puzzle -Putting it all together

Hanover Community Health & Education 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
Dates: Jan. 3, 10, 17 (9:30 a.m.-12:30 p.m.)
Feb. 7, 14, 21 (6:00 – 9:00 p.m.)
March 6, 13, 20 (9:30 a.m.-12:30 p.m.)

Know Your Healthy Steps

Interactive program designed to help people understand the need of blood glucose monitoring, good nutrition and activity to maintain or improve health. There is an activity portion that includes a 10 min. walk and use of a pedometer. Wear comfortable shoes to class.

1420 6th Avenue, Suite 3
York, PA 17403
(717) 849-5462
Sept. 13, 2012 (6-8 p.m.)

Know Your Nutrition

Designed to help people with diabetes understand the role of good nutrition and activity while helping them maintain and improve their health.

1420 6th Avenue Suite 3

York, PA 17403

(717) 849-5462

Dates: Jan. 19, 2012 (6-8 p.m.)

June 21, 2012 (10 a.m.-12 p.m.)

Know Your Healthy Numbers

This is a free program designed to help people with diabetes understand the role of key numbers associated with diabetes and good health, such as blood pressure, cholesterol, blood sugar and body mass index. For more information or to register, please call (717)849-5462.

1420 6th Ave, suite 3

York, PA 17403

March 8 (10 a.m.-12:00 p.m.)

Diabetes Cooking Classes

Learning about new recipes can help you follow a healthy diet. Join Memorial Hospital's nutritionists for an evening of preparing and tasting delicious healthy recipes for people with diabetes. For information or to register, please call (717)849-5462.

June 13, 6-8 p.m.

Dec. 12, 6-8 p.m.

National Diabetes Information Clearinghouse

1-800-860-8747

Heart Disease Support Groups, Programs & Resources

Healthy Heart Express/ and at Gettysburg

Casual, informative, and fun. Join us for this free program to explore the most recent information and recommendations on heart healthy eating. To inquire about upcoming free classes and register, call 1-800-840-5905 or call Cardiac Rehabilitation at (717)741-8280.

All Classes Held at:

Apple Hill Medical Center
25 Monument Road, Suite 193
York, PA 17403

2012 Dates:

Thurs. Jan. 12, 6-8 p.m.

Wed. Feb. 22, 1-3 p.m.

Thurs. March 8, 6-8 p.m.

Mon. April 9, 1-3 p.m.

Thurs. May 17, 6-8 p.m.

Mon. June 11, 1-3 p.m.

Women's Heart Program

Heart disease continues to be the leading cause of death in women. Reserve a 30-minute, one-on-one consultation with a nurse specializing in preventive cardiac health to discuss your individual risk factors. Participants will receive a non-fasting total cholesterol screening, individualized risk factor evaluation, blood pressure and nutrition analysis.

Heart Risk Screening

WellSpan Women's Center

25 Monument Rd. (Apple Hill Health Campus – Suite 199)

York, PA 17403

(717) 851-6000

Registration is required

York Hospital Women's Heart Program

Preventive Cardiology
1575 Bannister St. Suite 7 - York, PA 17404
(717) 815-6000

Zipper Club

American Heart Association & York Hospital Heart Center hosts Zipper Club for pre/post open heart surgery and stent patients.

Country Meadows of Leader Heights
2760 Pine Grove Rd. York, PA 17403
(717) 843-7541 or (717)428-3156
Meet every 3rd Monday, every other month, at 7 p.m.

Heart Healthy Eating Class

Elmwood Mansion
400 Elmwood Blvd.
York, PA 17403
(717) 849-5462

Cardiac Rehab Support Group

For those with heart-related health programs and their families and friends.
For information, call (717) 633-2158 or (717) 633-2123.
Meet at Hanover Hospital

Hanover Hospital: Hanover HealthCarePLUS Network

300 Highland Avenue
Hanover, PA 17331
(717) 637-3711 / Toll-Free 1-800-673-2426

Heart to Heart Club

Hanover Community Health & Education Center
400 York St.
Hanover, PA 17331
(717) 633-2158

Chair Aerobics Fitness Class

Tailored for those with pulmonary or cardiac restrictions. It can also be helpful to individuals in physical rehab stages, those with weight loss concerns, as well

as women in late stage pregnancy. Uses modified aerobic exercises to promote good cardiovascular fitness from a sitting or standing position. For additional information, call (717) 633-2159.

Gettysburg Hospital Heart Center

147 Gettys Street
P.O. Box 3786 Gettysburg, PA 17325
(717) 337-4177

Wellspan Cardiovascular Service Line Clinical Dietitian

(717) 337-4107

Diabetes and Heart Disease Support Group

York American Spanish Center

(717)846-9434

Contact: Lourdes Gonzales

Meet 3rd Thursday of every month starting in February 2012