

# IS DIABETES CAUSING YOU TO FEEL STRESSED, ANXIOUS, OR DEPRESSED?

**TUESDAYS  
11AM**

You are not alone! Come join our support group!

Learn ways to...

- Cope with stress
- Tips on healthy eating
- Medication management
- Checking your sugars
- And so much more!

**Register  
Now**

**Email:**

[moorepsychservices@gmail.com](mailto:moorepsychservices@gmail.com)

**Call:** 610-585-0307



**WE ACCEPT MEDICARE AND MOST  
COMMERCIAL INSURANCES**

