



**FOR IMMEDIATE RELEASE**

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**FREE PROGRAM ON DIABETES AND ITS IMPACT ON VISION  
SET FOR MARCH 13**

**LANCASTER, Penna. (Feb. 13, 2026)** – [VisionCorps](http://VisionCorps.net) will offer an online webinar about living with diabetes and how diabetes impacts vision on Friday, March 13, 2026 as part of its “VisionCorps Presents” speaker series. The event is free and open to the public.

The program will feature Vanessa McCachren, a registered nurse who specializes in diabetes and nutrition care at Penn Medicine Lancaster General Health’s Diabetes and Nutrition Center. She is a Certified Diabetes Care and Education Specialist (CDCES).

McCachren will talk about how diabetes impacts your health. She will discuss diabetic retinopathy and how it can affect your vision.

Her presentation, titled “Thriving, Not Just Surviving: Tips for Living Well with Diabetes,” will focus on how people can manage the disease.

A question-and-answer period will follow McCachren’s presentation. Call Miranda Golden at 717-925-7271 to register or for more information.

**Thriving, Not Just Surviving: Tips for Living Well with Diabetes  
Presented by Vanessa McCachren, R.N., CDCES  
Penn Medicine Lancaster General Health**

**Friday, March 13, 2026  
1:30-3:30 p.m.  
Call 717-481-3841  
Enter phone conference # 550 136 085**

**RSVP by calling 717-925-7271 or [mgolden@visioncorps.net](mailto:mgolden@visioncorps.net).**

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**About VisionCorps**

VisionCorps is a nonprofit with a goal of empowering people who are blind or vision impaired to attain independence. The organization serves almost 2,000 individuals with rehabilitation services in Lancaster, Lebanon, Chester, York, and Adams counties. VisionCorps’ prevention services include KidSight, which screens more than 11,000 children annually for vision loss.