



Central East Self-Management Training Program

免費六星期

糖尿病自我管理課程 (普通话)

課程是由美國史丹福大學 (Stanford University) 設計和研究。現正在世界各地推廣。

課程內容:

- 處理糖尿病的有效方法
- 制訂運動及健康飲食計劃
- 如何感覺更好，做更多你喜歡的活動
- 藥物使用及與醫生溝通的方法

日期: 9月10日, 17日, 24日, 10月01日, 10月15日, 10月22日, (星期一)

時間: 上午 9:30 – 上午 12:00

地點: Agincourt 圖書館
155 Bonis Ave, Scarborough, ON M1T 3W6

歡迎長期健康有問題的長者及照顧長者人士參加。

完成整個課程的參加者將會免費獲得“實踐健康生活-慢性病自我管理手冊” (*Living a Healthy Life with Chronic Conditions*) 一本。

參加者請於 08 月 31 日前報名

報名及查詢請致電 (416) 493 - 3333



課程大綱

	第一週	第二週	第三週	第四週	第五週	第六週
糖尿病與自我管理課程大綱	*					
行動計劃	*	*	*	*	*	*
營養 / 健康飲食	*	*	*	*		
回應/解決問題		*	*	*	*	*
預防低血糖		*				
預防併發症			*			
健身/運動			*	*		
處理壓力			*			
鬆弛技巧			*	*		
難以處理的情緒				*		
控制血糖				*		
抑鬱					*	
積極的思想					*	
溝通					*	
藥物					*	
與醫務人員合作						*
配合健康保健制度						*
生病的日子						*
皮膚及足部護理						*
計劃未來						*

A **free** six-week program on Self-Management for People with **Diabetes**

Learn About:

- Effective ways to deal with diabetes
- Setting up exercise and healthy eating plans
- Ways to feel better and do more of the activities you enjoy
- Strategies for better managing your medication and communicating with your doctor

Language: Mandarin

Dates: Sep10, 17, 24, Oct 15, 22, 29 (Mondays)

Time: 9:30 am – 12:00pm

Location: Agincourt Library
155 Bonis Ave, Scarborough, ON M1T 3W6

Older adults, seniors with diabetes, and caregivers are welcome to attend.

Participants will receive a free copy of the book *Living a Healthy Life with Chronic Conditions*.

Pre- registration is required on or before Aug 31, 2018.

To register, please call **(416) 493 – 3333**.

Workshop Overview (Diabetes)

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management and diabetes	✓					
Making an action plan	✓	✓	✓	✓	✓	✓
Nutrition/Healthy Eating	✓	✓	✓	✓		
Feedback/problem-solving		✓	✓	✓	✓	✓
Preventing low blood sugar		✓				
Preventing complications			✓			
Fitness/exercise			✓	✓		
Stress management			✓			
Relaxation techniques			✓	✓		
Difficult emotions				✓		
Monitoring blood sugar				✓		
Depression					✓	
Positive thinking					✓	
Communication					✓	
Medications					✓	
Working with your health care professional						✓
Working with the health care system						✓
Sick days						✓
Skin and foot care						✓
Future plans						✓