

## 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:** English

**Dates:** **Wednesdays, Sep 19, 26, Oct 3, 10, 17 & 24**

**Time:** 9:30am - 12:00pm

**Location:** SPLC – Seminar Room C  
3333 Finch Avenue East  
(Southwest corner of Finch and Warden)

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 Sep 14, 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						✓

