

## 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, Oct 4, 11, 18, 25, Nov 1 & 8**

**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 29, 2017.**

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                               |        |        |        |        |        | ✓      |