

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 21, 28, Nov 4, 11, 18 & 25**

Time: 1:30pm - 4:00pm,

Location: St. Paul's L'Amoreaux Centre – 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 Oct 16, 2015.

To register or to ask for parking info and permit,
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						➤

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