

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, Feb 13, 20, 27, Mar 6, 13 and 20**

Time: 9:30am - 12:00pm

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

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 February 6, 2019.

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						✓

