DIABETES SELF-MANAGEMENT PROGRAM (D.S.M.P)

A 6-week series of interactive workshops to help you improve your health –

Nov 21 – Session 0 (20 min Introduction)

Nov 28 – session 1  Dec 12 – session 3  Dec 26 – session 5
Dec 5 – session 2  Dec 19 – session 4  Jan 2 – session 6

9AM-11:30AM
Virtual Class via Zoom
**Must have internet, video camera & audio on device
Register at:
https://us02web.zoom.us/meeting/register/tZYkd-qorwjGdG68dJgCe6RMwNrM--g7itP

Our DSMP program benefits anyone who has a diabetic condition. You will learn better ways of coping & managing diabetes by:

1. Setting achievable goals
2. Feeling more empowered while cooking nutritious meals
3. Starting an exercise program & increasing your energy level
4. Monitoring and caring for your skin & feet
5. Managing stress, fatigue, & isolation
6. Finding support & solutions
7. Partnering with your caregivers & healthcare team

This workshop is sponsored by Self-Management Resource Center.