

Are You type 1 or 2?



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/tZykdgqrjwjGdG68dJgCe6RMwNrM--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.

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