

Workshop Overview						
	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 glucose		✓				
Preventing complications			✓			
Fitness/exercise			✓	✓		
Stress management			✓			
Relaxation techniques			✓	✓		
Difficult emotions				✓		
Monitoring blood glucose				✓		
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						✓