

Workshop Overview						
	Week 1	Week 2	Week3	Week4	Week5	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						~

We offer a free "in the Loop" bi-monthly newsletter for information on what's happening in BC, new treatments, foods, therapies and opportunities for you to become involved. To subscribe email: theloop@uvic.ca

NOTE: If you're unable to attend a session or wish to contact us for any other reason, please call or email Self-Management BC (messages will be passed on to the leaders). Tel: 604-940-1273 or toll-free 1-866-902-3767 | Email: selfmgmt@uvic.ca