

Diabetes Self-Management Program

The Diabetes Self-Management Program is a workshop for people with type 2 diabetes, their family members, and friends.



Join our team of volunteer leaders across BC

Register for the next four-day Leader Training Workshop in your community today!

Knowledge, Skills & Confidence



Are you interested in taking the workshop or becoming a Volunteer Leader?

Lower Mainland

604-940-1273

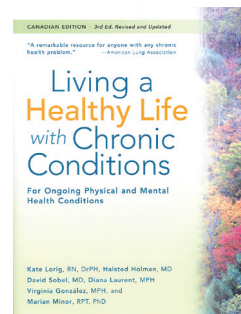
or

TOLL FREE 1-866-902-3767

selfmgmt@uvic.ca

Visit the website

www.selfmanagementbc.ca



The Diabetes Self-Management Program



A free workshop that gives you tools to help you manage diabetes and get the most out of life.



University of Victoria

The Diabetes Self-Management Program is . . .

- A free six session workshop covering a range of strategies and tools to help you manage diabetes and related symptoms to enhance daily activities.
- Given in groups of 10 to 16 people who meet for 2.5 hours for six consecutive weeks.
- Offered throughout BC at NO COST.



Over 10,000 people in BC have participated in our self-management workshops.

You will learn how to:

Healthy Eating	Exercise
Working with Your Doctor	Avoiding Complications
Problem Solving	Action Planning
Stress Management	Communication

- Use the Diabetes Self-Management Toolbox
- Use skills needed for day-to-day management of diabetes and related symptoms
- Prevent low blood glucose (Hypoglycemia)
- Prevent or delay complications
- Plan low fat meals & read nutrition labels
- Use strategies for sick days
- Practice proper foot care
- Communicate effectively with your health care team

What participants are saying . . .

The DSMP gave me insight into stress and emotions with logical methods of identifying my troubles, preparing practical courses of action and the means to measure progress.

I enjoyed the Diabetes Self-Management Program because it included useful information shared by the group.

This course has helped me more in six days than in the five years I have been diagnosed with Diabetes.

