

# Knowledge, Skills & Confidence

*People CAN live a healthy life with Diabetes*

## Diabetes Self-Management Program



- Enhance daily activities
- Learn skills needed for the day-to-day management of Diabetes
- Communicate effectively with your health care team
- Take action and live a healthy life!

**FREE Six-Session Workshop For Persons With Diabetes**  
**Family Members And Friends Welcome**

**TIME/DATES:** Mondays, from Oct 16<sup>th</sup> to Nov 20<sup>th</sup>, 2017  
5:30 pm to 8:00 pm

**LOCATION:** NexusBC Community Resource Centre  
102, 3201 - 30th Street Vernon  
**TO REGISTER:**  
604-940-1273 or Toll Free: 1-866-902-3767  
[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)



University  
of Victoria

Institute on Aging  
& Lifelong Health



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COLUMBIA

Self-Management  
*British Columbia*