

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: Thursdays from 2:00 pm to 4:30 pm
 March 15 to April 19, 2018

LOCATION: Envision Financial Community Room
 32711 South Fraser Way, Abbotsford

TO REGISTER: 604-940-1273 or Toll Free: 1-866-902-3767
 www.selfmanagementbc.ca



**University
of Victoria**

Institute on Aging
& Lifelong Health



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Self-Management
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