

# KNOWLEDGE + SKILLS + CONFIDENCE

*put life back in your life*

## Diabetes Self-Management Program



- ✓ Enhance daily activities
- ✓ Learn to balance activity, nutrition and medication to better manage symptoms
- ✓ Communicate effectively with your health care team
- ✓ Take action and live a healthy life!

## FREE Six-Session Workshop for Adults with Diabetes

*Family Members and Friends Welcome*

**DATES/TIME:** Wednesdays, February 13 to March 20, 2019  
1:00pm to 3:30pm

**LOCATION:** YMCA of Okanagan—Downtown YMCA  
1011-505 Doyle Avenue, Kelowna

**TO REGISTER:** 604-940-1273 or Toll Free: 1-866-902-3767  
[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

*\*\*Self-Management BC programs follow a scent-free policy. For the health and consideration of other participants, please refrain from wearing fragrances in our workshops. Thank you!\*\**



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of Victoria

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& Lifelong Health

Self-Management  
*British Columbia*



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Self-Management BC is supported by the Province of British Columbia