

# Are you living with diabetes?

## GAIN KNOWLEDGE + SKILLS + CONFIDENCE

### Diabetes Self-Management Program

Daily challenges of living with diabetes can be difficult. Gain knowledge, skills and confidence in your ability to manage by taking a **free** program to learn how to balance activity, nutrition and medication to better manage the symptoms.



**Three formats to choose from:**

#### Virtual Program



Our virtual interactive program using **web-cams** is offered over six sessions, 2.5 hours per week for 6 weeks as a small group (6-8 persons) with leaders and using the “*Living a Healthy Life*” resource book provided.

#### Self-Study: Tool Kit for Active Living



You receive resource materials including the “*Living a Healthy Life*” book and booklet with self-assessment guide in a one-time mailing. Suitable for those who enjoy **independent** self-paced learning.

#### Telephone Group: Tool Kit for Active Living + Calls



In our 6 week program you receive the materials from the self-study *Tool Kit for Active Living with Diabetes* **PLUS participate** in a weekly 30-45 minute, small group (3-5 persons) guided call.

#### Contact Self-Management BC

604-940-1273 or Toll Free: 1-866-902-3767

selfmgmt@uvic.ca | selfmanagementbc.ca



University  
of Victoria

Institute on Aging  
& Lifelong Health

Self-Management  
British Columbia



BRITISH  
COLUMBIA