

KNOWLEDGE + SKILLS + CONFIDENCE

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 (ages 50+)
Family Members and Friends Welcome

DATES/TIME: October 18, 2026 to November 22, 2026
Sundays, 2:00pm to 4:30pm

LOCATION: Sardis Library- FVRL
5819 Tyson Rd, Sardis BC, V2R 3R6

TO REGISTER: Toll Free 1-866-902-3767-Email selfmgmt@uvic.ca
Or Online www.selfmanagementbc.ca

Connect with us:



@SelfManagementBC



@SMPatUVic



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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& Lifelong Health

Self-Management
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