

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
Family Members and Friends Welcome

DATES/TIME: October 20, 2026 to December 1, 2026
Tuesdays, 10:00 a.m. to 12:30 p.m. Age 55+

LOCATION: South Arm Community Centre
8880 Williams Rd, Richmond BC

TO REGISTER: Call 604-940-1273 or Email selfmgmt@uvic.ca
Online www.selfmanagementbc.ca
Richmond Parks & Rec: <https://www.richmond.ca/parks-recreation/registration.htm>

Richmond Community Centre: Workshop Code #533378



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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Self-Management
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