

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 6, 2026 to November 10, 2026
Tuesdays, 12:30pm to 3:00pm

LOCATION: Killarney Community Centre
6260 Killarney Street, Vancouver BC



TO REGISTER: Contact SMBC: 604-940-1273 or selfmgmt@uvic.ca
Or via our website at www.selfmanagementbc.ca
Or, via Vancouver Parks & Rec website– workshop #62994

<https://vancouver.ca/parks-recreation-culture/recreational-lessons-and-classes.aspx>

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 BC is supported by the Province of British Columbia