

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: Saturdays, November 16 to December 21, 2019
12:00pm to 2:30pm

LOCATION: Glen Pine Pavilion
1200 Glen Pine Court, Coquitlam

TO REGISTER: 604-940-1273 or Toll Free: 1-866-902-3767
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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of Victoria

Institute on Aging
& Lifelong Health

Self-Management
British Columbia



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