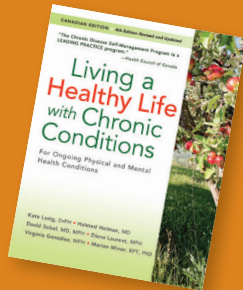




Program Facts:

- The Diabetes Self-Management Program is a workshop for anyone diagnosed with type 2 diabetes, their family, friends and caregivers.
- The program is available in First Nations communities, as well as in Punjabi, Mandarin, and Cantonese speaking communities
- It is a licensed program developed and researched at Stanford University. It follows a standardized format that is proven to help people learn to better manage the symptoms of diabetes. It is considered a best practice program in self-management.

FREE RESOURCE BOOK PROVIDED "LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS"



Self-Management *British Columbia*

Join a free workshop to learn tools to help you manage diabetes and get the most out of life.

put life back in your life

CONTACT US

For more information and to register for a FREE six session workshop in your area:

1-866-902-3767 Toll Free

604-940-1273 Lower Mainland

selfmgmt@uvic.ca

www.selfmanagementbc.ca

Looking to become a volunteer? Join our team!

Contact us to register for the next four-day Leader Training Series in your community and become a volunteer leader.



Self-Management BC is supported by the Province of British Columbia.

FREE WORKSHOP SERIES Living a Healthy Life with **Diabetes**



University of Victoria

Institute on Aging & Lifelong Health



The Diabetes Self-Management Program is...

An interactive health educational workshop giving you the skills, confidence and tools to help you manage your health. The workshops are facilitated by pairs of trained lay leaders, many living with diabetes themselves. Groups meet once a week for 2.5 hours, over six weeks. There are ten to sixteen participants in each workshop.

Workshops are designed to enhance regular medical treatment and patient education and are offered throughout BC at **NO COST** to the participant.



Learn valuable skills with the diabetes self-management tool box.

- Healthy Eating
- Medication
- Monitoring Blood Glucose
- Action Planning
- Exercise
- Working with your Doctor
- Communication
- Problem Solving
- Stress Management
- Avoiding Complications
- Dealing with Difficult Emotions
- Thinking Activities

KNOWLEDGE+SKILLS+CONFIDENCE

Discover how to:

- use the diabetes self-management tool box
- use the skills needed for day-to-day management of diabetes and related symptoms
- maintain blood sugar within normal range
- prevent or delay complications
- plan healthy meals and read nutrition labels
- communicate effectively with your health care team
- manage medications
- manage stress
- plan and problem solve

What participants are saying

"The Diabetes Self-Management Program gave me insight into stress and emotions with logical methods of identifying my troubles, preparing practical courses of action and the means to measure progress."

"I enjoyed the Diabetes Self-Management Program because it included useful information shared by the group."

"This course has helped me more in six days than in the five years I have been diagnosed."



OVER 30,000 BRITISH COLUMBIANS HAVE TAKEN A SELF-MANAGEMENT PROGRAM