

PARTICIPANTS WANTED!

Diabetes Self-Management Workshop

An evidence-based program developed by Stanford University



Why Attend?

- Prevent and delay complications
- Understand the importance of communication
- Improve your A1c (quarterly blood sugar reading)
- Understand the importance of an action plan.



About the Program:

1. Teaches skills in the daily management of diabetes to improve the quality of life.
2. Designed to build confidence, increase knowledge about symptom control and the disease's impact.
3. Highly interactive and focused on skill-building, support and experiential sharing.
4. Once weekly 2.5-hour small group workshops over six weeks.
5. Assists in problem identification and solving.

Who Can Attend?

Delawareans:

- With type 2 diabetes
- Committed to attending six 2.5-hour workshops.
- Interested in improving their quality of life while battling the disease.
- Who want to take control and self manage their condition.

REGISTER NOW!

CALL 302-744-1020

You Will Learn:

- Techniques to deal with diabetes symptoms, fatigue, pain, hyper/hypoglycemia, stress and emotional problems such as depression, anger, fear and frustration.
- Exercises for maintaining and improving strength and endurance.
- Healthy eating and appropriate use of medication.
- Working more effectively with health care providers.

Participants will make weekly action plans, share experiences and help one another solve problems encountered while involved in this workshop.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
Diabetes Prevention and Control Program

It's time to take
control of your
diabetes!