

Diabetes Self-Management Workshop

About Diabetes Self-Management Workshops

- Free on-site workshops
- Meets for 2 1/2 hours each week for six weeks
- Trained peer leaders
- Meet new people and gain social support
- Gives you tools to live a healthier life

If you, or someone you care for has diabetes, you know that it can feel like it's taking over your life. The good news is that there are things you can do to feel better and take control of your health.

- Set goals for your health - and stick to them!
- Understand what your blood sugar level is telling you
- Make your diet work FOR you, not against you
- Manage stress and difficult emotions
- Exercise to take care of your health
- Learn to talk with your doctor about your symptoms

What participants are saying:

- "If people are diabetic, they should run here, not walk."
Carmella, Wilkinson Senior Center, Northridge
- "I really appreciate the trainers. They're well-trained and they're doing a fantastic job."
Marleen, El Monte Library



Sign up NOW to only 6 sessions towards a Healthier You!!

Location: VJCC

Thursday Dates: April 11 to May 16

Time: 10:00am to 12:30pm

Contact: Gayle Hiramie gayle_hiramie@yahoo.com
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CALIFORNIA
HEALTHIER LIVING
www.cahealthierliving.org



The American Diabetes Association identifies this program as meeting the Diabetes Support Initiative criteria for support programming.

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An SMRC Evidence-Based Self-Management Program