

Control your diabetes, don't let it control you!

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



CALIFORNIA
HEALTHIER LIVING


www.cahealthierliving.org



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

©Self-Management Resource Center Inc, 2012. All rights reserved. All or portions of this material include copyrighted materials belonging to Self-Management Resource Center. This program may only be used or reproduced by organizations licensed by the Self-Management Resource Center.

This project was supported, in part by grant number 90CSSG0005-01-02, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy. This document developed in conjunction with Partners in Care Foundation, 1/20.

 An SMRC Evidence-Based Self-Management Program originally developed at Stanford University.