

Got Diabetes?



DIABETES SELF-MANAGEMENT PROGRAM (D.S.M.P)

A **6-week series** of interactive workshops to help you improve your health – September 4, 11, 18, 25, October 2 & 9

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1PM – 3:30PM
VIRTUAL CLASSROOM (ZOOM)

Registration Link:
[Register for DSMP](#)



Our DSMP program benefits anyone who has a diabetic condition. You will learn better ways of coping & managing diabetes by:

1. Setting achievable goals
2. Feeling more empowered while cooking nutritious meals
3. Starting an exercise program & increasing your energy level
4. Monitoring and caring for your skin & feet
5. Managing stress, fatigue, & isolation
6. Finding support & solutions
7. Partnering with your caregivers & healthcare team

This workshop is sponsored by Self-Management Resource Center.

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