

Are You type 1 or 2?



DIABETES SELF-MANAGEMENT PROGRAM (D.S.M.P) 2021

A 6-week series of interactive workshops to help you improve your health –

January 9 – Session 0 (20 min Introduction)

Jan 16 – session 1	Jan 30 – session 3	Feb 13 – session 5
Jan 23 – session 2	Feb 6 – session 4	Feb 20 – session 6

9AM-11:30AM

Virtual Class via Zoom

**** Must have internet, video camera & audio on device**

Register at:

<https://us02web.zoom.us/j/81952063176?pwd=TW9TRDdJSE1IQ3NZVVNzLzByQjhoQT09>

9AM-10:00AM

Telephone Class

**** Must have landline or cell phone**

Register at:

Email: programs@kidneyhi.org

Dawn Pasikala, RN
Office: (808) 589-5905
programs@kidneyhi.org

NATIONAL KIDNEY FOUNDATION OF HAWAII'
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www.kidneyhi.org

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



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Self-Management Resource Center

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