



# Diabetes Self-Management

The Diabetes **Self-Management (DSMP)** program is designed to help older adults live and thrive with Diabetes Disease.

## Course will discuss:

- Strength and endurance techniques
- Affective glucose monitoring
- Healthy eating
- Appropriate use of medication
- Working more effectively with health care providers
- Recommended tests for prevention and delay of complications
- Proper foot care
- Action-planning, problem-solving, & decision making

## Program Details:

- 6 week course
- Weekly Meeting
- 30-60 minutes
- **Group Telephone Call**
- Learning materials provided

**FREE for Ages 60+ with  
a diabetes diagnosis**

**More information  
or to Register:**

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