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Diabetes Self-Management Program ~ Culpeper

Date and Time

Weekly on Thursday at 1:00pm for 6 times

Event URL

[Diabetes Self-Management Program](#)

Event Region

Rappahannock-Rapidan

Event Type

Workshop

RSVP Info

Bonnie Vermillion: bonnired@comcast.net, 540-547-4824

Event Cost

\$0.00

Event Description

The Diabetes Self-Management Program (DSMP) is a six week, 2.5 hour workshop to support individuals who live with diabetes. The workshop includes techniques to deal with diabetes symptoms such as fatigue, pain, and emotional issues; healthy eating and exercise choices; preventing low blood sugar; and skin and foot care. Most importantly, participants help each other through brainstorming and problem-solving as they develop weekly achievable action plans. Classes are highly interactive, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives. PLEASE NOTE, even if some of the listed workshop dates have already passed, you may still sign-up. Please click the 'Sign-Up Here' button to enroll. The program host will contact you with additional information.

Event Image or Sponsor Logo

Image

Diabetes Self-Management Program

