

Living Well With Diabetes

Gain information and develop a plan to better manage your diabetes and related symptoms.

The Diabetes Self-Management Program helps support the knowledge and skills people learn from their health care providers and helps them put their diabetes care plan into action. The workshop does not conflict with other programs or treatment and is designed to enhance regular treatment. No referral is needed.



This workshop is open to adults living with Type 2 Diabetes as well as their family, friends and/or caregivers. All participants will receive a free handbook as part of the program.

**Next session runs weekly on
Thursdays, starting May 30 to July 4,
2024 from 1:30pm to 4:00pm EST
ONLINE VIA ZOOM**

Participants learn how to:

- Use skills to manage diabetes and related symptoms day-to-day
- Prevent low blood sugar and manage medications
- Delay or prevent complications of diabetes
- Plan healthy meals and read food labels
- Stress Management
- Decision making, planning and problem solving
- Dealing with the emotional, physical, and social aspects of living with chronic pain.
- Use your mind to manage symptoms.
- Better self-manage your chronic pain by making action plans and setting goals.
- Improve communication with your health care team members.

REGISTER ONLINE TODAY

Register for Living Well community workshops at livingwellseontario.ca - **Spaces are limited!**

Please contact us with any questions at selfmanagement@kchc.ca