

FREE Workshop



Learn about:

- Healthy Eating
- Physical Activity
- Monitoring
- Plan Health Activities
- Stress Management
- Understanding Emotions
- Medications
- Avoiding Complications
- Communicating
- Decision-Making
- Problem-Solving
- Working with Health Providers

DIABETES SELF-MANAGEMENT

For adults and seniors with Type 2 Diabetes.

Family and caregivers welcome too!

Weekly 2.5 hour meeting for 6-weeks, Small groups provide peer support



WORKSHOPS
CURRENTLY BEING SCHEDULED
IN YOUR COMMUNITY



CONTACT US TO REGISTER:
INFO@LORHN.ORG WWW.LORHN.ORG 888-880-8242

Diabetes Workshop Overview

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of self-management and diabetes	•					
Nutrition/Healthy Eating	•	•	•	•		
Making an action plan	•	•	•	•	•	
Monitoring diabetes and blood sugar	•	•	•	•	•	•
Problem-solving		•	•	•	•	•
Feedback		•	•	•	•	•
Dealing with stress		•				
Preventing low blood sugar			•			
Preventing complications			•			
Making decisions			•			
Physical activity / exercise			•		•	
Difficult emotions				•		
Depression					•	
Positive thinking					•	
Relaxation techniques					•	
Communication					•	
Sick days						•
Foot care						•
Medication						•
Working with your health care professional and health care system						•
Future plans						•