

# FREE VIRTUAL WORKSHOP

## Diabetes Self-Management Program

- For adults and seniors living with Type 2 Diabetes
- Family members and caregivers welcome
- Led by 2 trained peer leaders
- 6 weekly 2 1/2 hour sessions



**Learning topics include: monitoring, healthy eating, problem-solving, working with health care providers, and making weekly action plans.**

**Session dates: October 8th, 15th, 22nd, 29th, November 5th & 12th**

**Thursday mornings  
Time: 10:00 am - 12:30 pm**

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