



# Diabetes Self-Management Education Workshop

## Effective management of Diabetes starts here.

Self-management education is foundational to improving health outcomes for people with diabetes. Our 90-minute workshop equips participants with the knowledge, skills, and confidence to understand and manage diabetes effectively.

We tailor our workshop to the needs of people with diabetes.



Practical & interactive



Small classes & targeted support



Led by a licensed health professional

We focus on the building blocks of effective self-management.

### Understanding diabetes

An overview of diabetes, including terms and complications; as well as signs, symptoms, and responses to hyper/hypoglycemia.

### Monitoring Glucose Levels

How to use a glucometer and monitor glucose levels, including tracking and logging finger stick blood sugars.

### Caring for Your Feet

How to examine and care for your feet and identify when to seek medical care.

### Getting and Staying Healthy

Strategies for getting and staying healthy, including preparing a healthy diet plan, taking medication and visiting the doctor.