

Are you living with diabetes?

GAIN KNOWLEDGE + SKILLS + CONFIDENCE

Diabetes Self-Management Program

Daily challenges of living with diabetes can be difficult.

Gain knowledge, skills and confidence in your ability to manage your symptoms by taking a **free** program. Learn how to better balance activity, nutrition and medication.



Three formats to choose from:



In-Person Workshops

Our **In-Person** group workshops are held at host venues in communities throughout BC (max 12 participants). Offered over six sessions, 2.5 hours per week for 6 weeks. The “*Living a Healthy Life*” resource book is provided.



Virtual Workshops

Our **Virtual** group workshops are conducted via webcams, and are offered over six sessions, 2.5 hours per week for 6 weeks (max 8 participants). The “*Living a Healthy Life*” resource book is provided.



Self-Study: Tool Kit for Active Living

Participants receive a one-time mailing of program materials that include the “*Living a Healthy Life with Chronic Conditions*” resource book and self-assessment booklet. Suitable for those who enjoy **independent** self-paced learning.

Contact Self-Management BC

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