



DIABETES SELF-MANAGEMENT PROGRAM

Diabetes Self-Management Program (DSMP) is a **FREE** 6-week workshop that has been proven to help people with Type 2 diabetes, as well as other chronic conditions such as asthma, arthritis, heart disease and other life long conditions.

Learn how to:

- Monitor your blood sugar
- Discover ways to be more physically active
- Relax
- Deal with negative emotions
- Eat healthy and manage your diet
- Manage fatigue, pain and stress
- Improve communication skills
- Set goals

6-week workshops start soon at the following locations:

Site	Start Date
Margaret Hunt Senior Center(9-1130am)	January 25
Margaret Hunt Senior Center(4:30-7pm)	January 25
Kent Library 1:-3:30pm)	February 3
Mercy St. Charles Hospital(1-3:30pm)(CSDMP)	February 21
Aldersgate United Methodist(1:3:30pm)(CDSMP)	February 23
Lakewood Apts(1:00 p.m. – 3:30 p.m.)	February 29
Sandusky Senior Center(9-1130am)(CDSMP)	March 5(Fremont,Ohio)
Toledo Health Dept (1:00 p.m. – 3:30 p.m.)	April 18
Sylvania Franciscan Center (CDSMP)	April 26

Pre-registration is required. Call (419) 382-0624.

This program is made possible by a joint effort of the Administration on Aging, the National Council on Aging, the Ohio Department of Aging, the Ohio Department of Health and your local Area Agency on Aging. This program is administered locally by Area Office on Aging.

