

DIABETES SELF-MANAGEMENT WORKSHOP

June 23 – July 28, 2022
Thursdays
10:00 AM – 12:30 PM

WHERE
ONLINE, using ZOOM

Topics Include:

- **HEALTHY EATING**
- **HOW TO USE GLUCOSE MONITORING IN ORDER TO MAKE DAY TO DAY DECISIONS AND TO MANAGE SICK DAYS**
- **APPROPRIATE EXERCISE FOR MAINTAINING AND IMPROVING STRENGTH AND ENDURANCE**
- **APPROPRIATE USE OF MEDICATION**
- **WORKING MORE EFFECTIVELY WITH HEALTH CARE PROVIDERS**
- **RECOMMENDED TEST FOR PREVENTION OR DELAY OF COMPLICATIONS**
- **PROPER FOOT CARE**
- **ACTION-PLANNING, PROBLEM-SOLVING, DECISION-MAKING**
- **TECHNIQUES TO DEAL WITH SYMPTOMS OF DIABETES, SUCH AS FATIGUE, PAIN, HYPER-AND-HYPOGLYCEMIA, STRESS, AND EMOTIONAL PROBLEMS SUCH AS DEPRESSION ANGER, FEAR, FRUSTRATION**

FREE WORKSHOP BY



REGISTRATION REQUIRED

CONTACT DEBBIE DAVIDSON
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REQUIREMENTS

1. **Participants must be at least 60 years of age, or Live in the same household as the Diabetic person that is 60+ years of age**
2. **Live in one of the following TX counties:**
 - **Angelina**
 - **Houston**
 - **Jasper**
 - **Nacogdoches**
 - **Newton**
 - **Polk**
 - **Sabine**
 - **San Augustine**
 - **San Jacinto**
 - **Shelby**
 - **Trinity**
 - **Tyler**
3. **Have access to a computer equipped with a camera, microphone, and speakers**
4. **Have Internet**
5. **Have Zoom installed on the computer**
6. **Be able to attend weekly online meetings on Thursdays from 10:00 AM – 12:30 PM, from June 23 – July 28**

