



Live on Purpose – Even with Diabetes!



Take Charge of Your Diabetes Program

Learn to be a Diabetes Self-Manager

SESSION OUTLINE

Week 1:

- Introduction to Workshop
- Group Introductions
- What is Diabetes?
- Monitoring
- Introduction to Healthy Eating
- Introduction to Action Plans

Week 2:

- Feedback/Problem-Solving
- Guidelines for a Healthy Eating Plan
- Menu Planning
- Dealing with Stress
- Making an Action Plan

Week 3:

- Feedback/Problem-Solving
- Preventing Low Blood Sugar
- Focusing on Fat
- Preventing or Delaying Complications
- Making Decisions
- Introduction to Physical Activity and Exercise
- Making an Action Plan

Week 4:

- Feedback/Problem-Solving
- Dealing with Difficult Emotions
- Food Choices – Putting it All Together
- Menu Planning
- Making an Action Plan

Week 5:

- Feedback/Problem-Solving
- Dealing with Depression
- Positive Thinking
- Relaxation Body Scan
- Communication Skills
- Endurance Activity: How Much is Enough?

Week 6:

- Feedback/Problem-Solving
- Strategies for Sick Days
- Foot Care
- Medication Usage
- Working with Your Health Care Professional and Health Care Organization
- Looking Back and Planning for the Future

For more information, contact leaders: