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## **Diabetes Self-Management Program**

Date and Time

Weekly on Wednesday at 10:30am for 9 times

Event URL

[Diabetes Self-Management Program](#)

Event Region

Richmond Area

Event Type

Class - Workshop

RSVP Info

Please call 804-768-7885 to register

Event Cost

\$0.00

Event Description

Do you live with diabetes, or know someone who does? Senior Connections, (The Capital Area Agency on Aging) in partnership with the Chesterfield County Office of Aging & Disability Services will offer a workshop entitled Diabetes Self-Management Program. This free workshop led by lay leaders will meet for six consecutive weeks on a designated day and time. People with diabetes must deal not only with their disease, but also with the impact this has on their lives and emotions. This workshop will focus on developing an action plan, feedback and problem solving, communication, nutrition and healthy eating, preventing/monitoring low blood sugar, stress management, depression, positive thinking, working with your healthcare provider, skin and foot care, and preventing complications. Adults with diabetes, friends, family members and caregivers are welcome to participate in this workshop. For registration, please call 768-7885. Wednesdays, 10:30 a.m.-12:30 p.m. Feb. 20 – March 27