



Diabetes Self-Management

What is the Diabetes Self-Management Program (DSMP)?

Diabetes Self-Management Workshops were created by the Stanford School of Medicine and aim to improve self-management behavior to reduce risks associated with diabetes. Participants will share personal experiences, make weekly action plans that allow them to set goals, and help each other solve problems they encounter in creating and carrying out their self-management program.

Who does the program serve?

We encourage adults 55 and over with Pre-diabetes, Type 1 Diabetes, or Type 2 Diabetes to participate in this program, but family and caregivers are also encouraged to attend. No one is turned away.

How does the program help participants?

Participants will learn about diabetes and how it affects their body. Workshops are highly interactive, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

Through these free workshops, participants can expect to learn about:

- Diabetes and its risks
- The role of diet and exercise
- Techniques on how to deal with fatigue, pain and emotions
- The importance of regular doctor exams, annual foot and eye exams
- How to maintain willpower in a world of temptations
- How to manage medications and much more

What do Diabetes Self-Management Program workshops offer?

- Free two and a half hour sessions
- Once a week for six weeks
- Two Master Trainers and/or Peer Leaders facilitating the workshop
- Complimentary book, *Living a Healthy Life with Chronic Conditions* (one per household)

How can people register? Call Today!

973-881-4396

Passaic County Department of Health

- NO REFERRAL NEEDED