



Diabetes Management

A Self-Management Program to help you get the support you need to eat better and exercise to lower your risk of serious health problems related to diabetes.

Diabetes can cause serious health problems, like heart disease, blindness, and kidney failure.

Through the Diabetes Self-Management Program, you can get the support you need to better manage your diabetes and prevent these serious problems.

The Program

Healthier Living Workshop: Diabetes

WHAT THE PROGRAM OFFERS

A small group workshop for people with type 2 diabetes. The workshop is led by specially trained leaders, at least one who has diabetes. People who complete the program say they see big improvements, like eating better, feeling less depressed, and having a better relationship with their doctors.

The program is designed to help you with:

- Problem solving and action planning
- Healthy eating
- Exercise
- Monitoring blood sugar
- Managing stress
- Handling sick days

TIMING

Participants meet once a week for 6 weeks. Each workshop session lasts for 2 ½ hours.

WHO IT'S FOR

People diagnosed with type 2 diabetes.

FREE

Diabetes Self-Management Workshop

Meets once a week,
for 2.5 hours.
Wednesdays,
Aug. 14th – Sept. 18th,
from 9:30a-12p.

Location:

Community Health Centers
of Burlington, 617 Riverside
Ave., Burlington (Mt.
Mansfield Community Room)

Registration is required.

To register, or for more
information, please contact:

Erin Covey

P: 802-847-7255

E: Erin.Covey@UVMHealth.org

Sponsored by:



To take the next step, visit:
MYHEALTHYVT.ORG

