

# Diabetes Management

A self-management workshop 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 workshop, you can get the support you need to better manage your diabetes and prevent these serious problems.

## The Workshop Healthier Living Workshop: Diabetes

### WHAT THE WORKSHOP OFFERS

The workshop is offered in a small-group format, and is for people with type 2 diabetes. The workshop is led by specially trained leaders, at least one who has diabetes. People who complete it 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.

### FOR INFORMATION...

For information on the **Diabetes Management Program**, contact:

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