

Diabetes Self-Management (DSMP)

This six week class comes with “*Living a Healthy Life with Chronic Conditions*” and “*Tool Kit for Active Living with Diabetes.*”

Topics Include:

- Techniques to deal with the symptoms of diabetes, such as fatigue, pain, hyper and hypoglycemia
- Stress and emotional issues such as depression, anger, fear, and frustration
- Appropriate exercise
- Glucose monitoring
- Healthy eating
- Appropriate use of medication
- Proper foot care
- Action planning, problem solving, decision making

COST: Free

TIME: Thursdays beginning November 7th, 1:00pm-3:30pm

LOCATION: Red Lake Housing Conference Room

Space is limited, sign-up sheet is available or call Carol at 218-679-1284 to register.

A light snack will be provided at each class - we look forward to serving you!

