

FAQs

Is this a Diabetes support group?

Not really, even though participants share experiences and support each other.

It is a workshop where you learn and try new skills, make plans for yourself and generally increase your ability to manage your health.

I'm already involved in a Diabetes support group/class why should I take this workshop?

This workshop can help you to manage your Diabetes and to continue living a healthy life-style.

It will help you decide for yourself about what successful health changes you are ready to make.

What if I can't attend all of the sessions? Can I pick which ones I want to attend?

We understand that life is busy and you may need to miss a session. But this is a participation style workshop so you will get the most value by attending all of the sessions because activities build on each other.

If two or more sessions are missed, we may ask you to sign up for another workshop and join that group from the beginning.

Join us!

To place your name on the list to hear about upcoming workshops call:

211 or 1-877-211-8667

For more information contact:

Sue Olmstead at Human Services
Coalition of Tompkins County
273-8686

email: sjolmstead@ofpcinc.com

Fee: \$20, \$10 refund for people who complete the workshop.

Scholarships are available.



Your Partner for a Healthy Community

Diabetes Self-Management Workshop



A six-week program
for people with
Type 2 Diabetes
Type 1 Diabetes or
Pre-Diabetes

(Approved by the American Diabetes Association)

Sessions meet once a
week for
2 ½ hours

This Stanford Program has been developed to help individuals who have Type 2 Diabetes, Type 1 Diabetes or Pre-Diabetes. It will help with skills needed to manage Diabetes as well as to deal with ways continue to live a healthy life.

Feel free to bring a family member, friend, or caregiver.

SESSION 1

- ❖ What is Diabetes?
- ❖ Monitoring
- ❖ Introduction to Healthy Eating
- ❖ Introduction to Action Plans

SESSION 3

- ❖ Feedback and Problem Solving
- ❖ Preventing or Delaying Complications
- ❖ Planning Low Fat Meals
- ❖ Introduction to Physical Activity
- ❖ Action Plans

SESSION 5

- ❖ Feedback and Problem Solving
- ❖ Depression Management
- ❖ Positive Thinking
- ❖ Medication Usage
- ❖ Communication Skills
- ❖ Action Plans

SESSION 2

- ❖ Feedback and Problem Solving
- ❖ Formula for Healthy Eating Plan
- ❖ Preventing Low Blood Sugar
- ❖ Action Plans

SESSION 4

- ❖ Feedback and Problem Solving
- ❖ Reading Nutrition Labels
- ❖ Endurance Activities
- ❖ Dealing with Difficult Emotions
- ❖ Action Plans

SESSION 6

- ❖ Feedback and Problem Solving
- ❖ Strategies for Sick Days
- ❖ Foot Care
- ❖ Working with your Health Care Professional and the Health Care System

**Enjoy
Life!**

You don't have to stop doing all the things you love to do, to enjoy a healthier life!