



Mark your calendar and register now!

Peer Support for Adults with Type Two Diabetes- ONLINE Workshops

Wednesdays, November 10, 17, 24; December 1, 8, 15, 2021

Time: 10:00 am- 12:30 pm

[Click here to register.](#)

Once registered you will receive a Zoom invitation.

The Peer Support for Adults with Type Two Diabetes (DSMP) is a six-session, peer-led health program for adults 18+ years of age.

The Diabetes Self-Management workshop is given 2½ hours once a week for six weeks. People with type 2 diabetes attend the workshop.

Subjects covered include: 1) techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration; 2) appropriate exercise for maintaining and improving strength and endurance; 3) healthy eating 4) appropriate use of medication; and 5) working more effectively with health care providers.

This workshop enhances a person's ability to manage their health and maintain an active and fulfilling lifestyle. All class participants receive a book and CD.

Voluntary contributions to the Office for Aging are accepted and used to expand services. No one will be denied services if unable or unwilling to contribute. A contribution in any amount is welcomed. Please make checks payable to Chief Fiscal Officer. Thank you.