Diabetes Self-Management Program

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 is a two and a half hour workshop, once a week for six weeks. There will be a “Session 0” on January 6th to check connectivity with all participants and answer questions about the program.

Program goals are to:
- Improve the health status of individuals with diabetes
- Teach practical skills for managing diabetes
- Help participants gain confidence and motivation needed to manage every day challenges of living with diabetes.

This Leader guided Virtual Program is being offered at No-charge to residents who are 60+ years of age by Northampton County Area Agency on Aging.

Sessions will run weekly on Wednesday’s 9:30 – Noon, January 6th through February 17th. To register call:

Stacy Walsh at 610-759-8255