

Knowledge, Skills & Confidence

People CAN live a healthy life with Diabetes

Diabetes Self-Management Program



- Enhance daily activities
- Learn skills needed for the day-to-day management of Diabetes
- Communicate effectively with your health care team
- Take action and live a healthy life!

**FREE SIX-SESSION WORKSHOP FOR PERSONS WITH DIABETES
FAMILY MEMBERS AND FRIENDS WELCOME**

TIME/DATES: September 17th to October 22nd, 2013
Tuesdays, 1:30 pm to 4:00 pm

LOCATION: Desert Gardens
540 Seymour Street, KAMLOOPS

TO REGISTER: 604-940-1273 or Toll Free: 1-866-902-3767

Call TOLL-FREE 1-866-902-3767 or Email: selfmgmt@uvic.ca
www.selfmanagementbc.ca



**University
of Victoria**