

# DIABETES SELF-MANAGEMENT PROGRAM WORKSHOP

## What is the Class?

The Diabetes Self-Management Workshop (DSMP) was created at Stanford University and is a nationally recognized diabetes prevention and management program. The six-week workshop is held once a week and covers both the physical aspect of managing diabetes as well as the emotional aspect. It is designed to improve individual's Hemoglobin A1C levels, which is a blood test that measures the average blood sugar level during a given time frame.

**Topics covered include:** nutrition, improving physical activity, food choices, coping skills to maintain nutrition and a healthy weight, problem-solving and decision-making skills, and challenges of living with diabetes.

## What Can I Expect During Class?

The DSMP, a community-based class, is an interactive and participatory program for adults and caregivers of those who are living with diabetes.



**JANUARY 15, JANUARY 22,  
JANUARY 29, FEBRUARY 5,  
FEBRUARY 12, FEBRUARY 19**



**4:00 PM - 6:30 PM**



**VIRTUAL SESSIONS ONLY**

**Limited  
Seats Available!**

**Free Education  
Materials  
Available!**

## For more Information:

Call: 240-777-1858

Email: [duwem.onwubiko@montgomerycountymd.gov](mailto:duwem.onwubiko@montgomerycountymd.gov)

