



Diabetes Self-Management Program (DSMP)



Feel better! Join, learn and take control.

Learn new skills in this **FREE** 6-week workshop for adults who have type 2 diabetes.

Come learn how to better manage type 2 diabetes. Join the **Diabetes Self-Management Program (DSMP)**.

- Build skills that will help you manage your health.
- Family, friends and caregivers are welcome to attend with you for free.

What topics and skills are covered during this workshop?

- Monitoring blood sugar levels
- Foot care
- Preventing or delaying complications
- Goal-setting and making an action plan
- Decision-making
- Problem-solving
- Healthy eating
- Communication
- Dealing with difficult emotions
- Medication usage

Workshop Details

DAY OF WEEK: Thursdays

DATES: Apr 4 through May 9, 2024

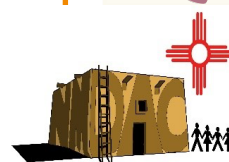
TIME: 3:00 – 5:00 pm

LOCATION: Gallup Community Health
2111 College Drive
Gallup, NM 87301

TO REGISTER, CONTACT: info@gallupcommunityhealth.org
505-397-5172



Gallup Community Health



NMDOH
NEW MEXICO DEPARTMENT OF HEALTH