

# KNOWLEDGE + SKILLS + CONFIDENCE

*put life back in your life*

## Diabetes Self-Management Program



- ✓ Enhance daily activities
- ✓ Learn to balance activity, nutrition and medication to better manage symptoms
- ✓ Communicate effectively with your health care team
- ✓ Take action and live a healthy life!

## FREE Six-Session Workshop for Adults with Diabetes

*Family Members and Friends Welcome*

**DATES/TIME:** Saturdays, October 22— November 26, 2022  
10:00am to 12:30pm

**LOCATION:** Westwood Alliance Church  
3129 Ozada Avenue, Coquitlam, BC

**TO REGISTER:** 604-940-1273 or visit our web below  
[www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

*Connect with us:*



@SelfManagementBC



@SMPatUVic

*\*\*Self-Management BC programs follow a scent-free policy. For the health and consideration of other participants, please refrain from wearing fragrances in our workshops. Thank you!\*\**



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& Lifelong Health

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*British Columbia*



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