

HealthyLiving

With Chronic Conditions

Toronto Central Self-Management Program

Workshop Overview (Diabetes)						
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Overview of Self-Management and diabetes	<input type="checkbox"/>					
Making an action plan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nutrition/Healthy Eating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Feedback/problem-solving		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Preventing low blood sugar		<input type="checkbox"/>				
Preventing complications			<input type="checkbox"/>			
Fitness/exercise			<input type="checkbox"/>	<input type="checkbox"/>		
Stress management			<input type="checkbox"/>			
Relaxation techniques			<input type="checkbox"/>	<input type="checkbox"/>		
Difficult emotions				<input type="checkbox"/>		
Monitoring blood sugar				<input type="checkbox"/>		
Depression					<input type="checkbox"/>	
Positive thinking					<input type="checkbox"/>	
Communication					<input type="checkbox"/>	
Medications					<input type="checkbox"/>	
Working with your health care professional						<input type="checkbox"/>
Working with the health care system						<input type="checkbox"/>
Sick days						<input type="checkbox"/>
Skin and foot care						<input type="checkbox"/>
Future plans						<input type="checkbox"/>



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