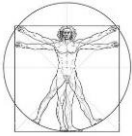
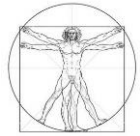




Put Life Back in Your Life!



Manage Your Chronic Disease (MyCD) **Diabetes Self-Management Program (DSMP)** **A Free Six-Week Workshop**



For adults with type 2 diabetes. Learn new skills to coordinate all the things needed to manage your health, as well as to help keep you active in your life and relationships. Family members and caregivers are welcome to attend too.

Call **(505) 880-2800** to sign up today for a workshop in the **Metro Albuquerque** area!

Week 1 – Session Activities:

- Introduction – identifying common problems
- Workshop overview
- What is diabetes?
- Introduction to healthy eating
- Introduction to action plans

Week 2 – Session Activities:

- Feedback and problem-solving
- Formula for a healthy eating plan
- Preventing low blood sugar
- Making an action plan

Week 3 – Session Activities:

- Feedback and problem solving
- Preventing or delaying complications
- Planning low fat meals
- Introduction to physical activity
- Muscle relaxation
- Making an action plan

Week 4 – Session Activities:

- Feedback and problem solving
- Dealing with difficult emotions
- Reading nutrition labels
- Endurance activities
- Guided imagery
- Making an action plan

Week 5 – Session Activities:

- Feedback and problem solving
- Depression management
- Positive thinking
- Communication
- Medication usage
- Making an action plan

Week 6 – Session Activities:

- Feedback and problem solving
- Strategies for sick days
- Foot care
- Working with your health care team

See back for 2015 DSMP workshop offerings and locations.



CITY OF ALBUQUERQUE BERNALILLO COUNTY
DEPARTMENT OF SENIOR AFFAIRS

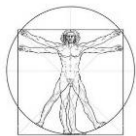


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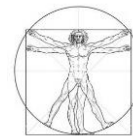
Funding to support the MyCD provided by the U.S. Administration on Aging's Empowering Older Adults and Adults with Disabilities through Chronic Disease Self-Management Programs, financed through the Prevention and Public Health Fund, and the New Mexico Department of Health Diabetes Prevention and Control Program.



Put Life Back in Your Life!



Manage Your Chronic Disease (MyCD) **Diabetes Self-Management Program (DSMP)** **A Free Six-Week Community Workshop**



Call **(505) 880-2800** today to sign up for a workshop in the **Metro Albuquerque** area! For adults with type 2 Diabetes.

2015 Workshop Offerings and Locations

North Domingo Baca Multigenerational Center

Address: 7521 Carmel Avenue NE
Albuquerque, 87113

Day of Week: Wednesdays

Times: 1:30 – 4:00 pm

Start Date: May 6

End Date: June 10

Palo Duro Senior Center

Address: 5221 Palo Duro NE
Albuquerque, 87110

Day of Week: Thursdays

Times: 1:00 PM – 3:30 PM

Start Date: July 9

End Date: August 20

North Domingo Baca Multigenerational Center

Address: 7521 Carmel Avenue NE
Albuquerque, 87113

Day of Week: Wednesdays

Times: 1:30 – 4:00 pm

Start Date: August 26

End Date: September 30

Palo Duro Senior Center

Address: 5221 Palo Duro NE
Albuquerque, 87110

Day of Week: Thursdays

Times: 1:00 PM – 3:30 PM

Start Date: October 15

End Date: November 19



CITY OF ALBUQUERQUE BERNALILLO COUNTY
DEPARTMENT OF SENIOR AFFAIRS



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