

Are You type 1 or 2?



DIABETES SELF-MANAGEMENT PROGRAM (D.S.M.P)

A **6-week series** of interactive workshops to help you improve your health –

January 9 – Session 0 (20 min Introduction)

Jan 16 – session 1	Jan 30 – session 3	Feb 13 – session 5
Jan 23 – session 2	Feb 6 – session 4	Feb 20 – session 6

9AM-11:30AM

Virtual Class via Zoom

****Must have internet, video camera & audio on device**

Register at:

<https://us02web.zoom.us/j/81952063176?pwd=TW9TRDdJSE1IQ3NZVFNzLzByQjhoQT09>



Our DSMP program benefits anyone who has a diabetic condition. You will learn better ways of coping & managing diabetes by:

1. Setting achievable goals
2. Feeling more empowered while cooking nutritious meals
3. Starting an exercise program & increasing your energy level
4. Monitoring and caring for your skin & feet
5. Managing stress, fatigue, & isolation
6. Finding support & solutions
7. Partnering with your caregivers & healthcare team

This workshop is sponsored by Self-Management Resource Center.

Dawn Pasikala, RN
Office: (808) 589-5905
programs@kidneyhi.org

NATIONAL KIDNEY FOUNDATION OF HAWAII
1314 S. King St.
Honolulu, Hawaii 96814

(808) 593-1515
www.kidneyhi.org



National Kidney Foundation®

of Hawaii



follow us



@kidneyhi