

Join the **Diabetes Self-Management Program**

# Learn How to Manage Your Type 2 Diabetes



Coping with type 2 diabetes can be hard, but you are not alone. Learn about your diabetes and meet others with diabetes by joining the Diabetes Self-Management Program (DSMP). Through the program, you can learn strategies to manage your diet and medications, and increase your physical activity. DSMP is led by at least one instructor living with diabetes and is open to participants aged 18 and older with type 2 diabetes.

## Topics include:

- Overview of diabetes, including health risks and how to avoid them
- Taking your medications
- Preparing healthy and tasty meals
- Talking with your doctor about diabetes
- Increasing physical activity with simple and fun exercises
- Dealing with symptoms such as feeling tired, pain and high or low blood sugar (hyper- or hypoglycemia)
- Managing depression, stress, anger, fear and frustration



## Enroll:

If you are interested in enrolling in the class, talk with your provider.

*The program meets once a week for six weeks. Each class is 2½ hours long.*

**Classes are free.**

For more information, visit [patienteducation.stanford.edu](https://patienteducation.stanford.edu) and search **diabetes self-management program**.