



“Healthier Living with Diabetes” Group Workshop

Session 1:

Workshop Introductions – Identifying
Common Problems
Workshop Overview and Responsibilities
What is Diabetes?
Monitoring
Healthy Eating
Introduction to Action Plans
Closing

Session 2:

Feedback and Problem Solving Session
Formula for a Healthy Eating Plan
Preventing Low Blood Sugar
Making an Action Plan
Closing

Session 3:

Feedback and Problem Solving Session
Preventing or Delaying Complications
Planning Low Fat Meals
Introduction to Physical Activity
and Exercise
Dealing with Stress
Muscle Relaxation
Making an Action Plan
Closing

Session 4:

Feedback and Problem Solving Session
Dealing with Difficult Emotions
Reading Nutrition Labels
Endurance Activities
Guided Imagery
Making an Action Plan
Closing

Session 5:

Feedback and Problem Solving Session
Depression Management
Positive Thinking
Communication Skills
Medication Usage
Making an Action Plan
Closing

Session 6:

Feedback and Problem Solving Session
Strategies for Sick Days
Foot Care
Working with your Health Care Professional
and the Health Care System
Looking Back and Planning for the Future
Closing