

Healthy Living with Diabetes

Weekly Workshop Topics



●●● Session 1

- Activity 1:**
Intro to the Workshop
- Activity 2:**
Group Introductions
- Activity 3:**
What is Diabetes
- Activity 4:**
Monitoring
- Activity 5:**
Intro to Healthy Eating
- Activity 6:**
Intro to Action Plans
- Activity 7:**
Closing

●●● Session 2

- Activity 1:**
Feedback/Problem Solving
- Activity 2:**
Guidelines for a Healthy Eating Plan
- Activity 3:**
Menu Planning Practice
- Activity 4:**
Dealing with Stress
- Activity 5:**
Making an Action Plan
- Activity 6:**
Closing

●●● Session 3

- Activity 1:**
Feedback/Problem Solving
- Activity 2:**
Preventing Low Blood Sugar
- Activity 3:**
Focusing on Fat
- Activity 4:**
Preventing or Delaying Complications
- Activity 5:**
Making Decisions
- Activity 6:**
Intro to Physical Activity
- Activity 7:**
Making an Action Plan
- Activity 8:**
Closing

●●● Session 4

- Activity 1:**
Feedback/Problem Solving
- Activity 2:**
Dealing with Difficult Emotions
- Activity 3:**
Review Healthy Food Choices & Reading Nutrition Labels
- Activity 4:**
Menu Planning Practice
- Activity 5:**
Making an Action Plan
- Activity 6:**
Closing

●●● Session 5

- Activity 1:**
Feedback/Problem Solving
- Activity 2:**
Dealing with Depression
- Activity 3:**
Positive Thinking
- Activity 4:**
Relaxation Body Scan
- Activity 5:**
Communication Skills
- Activity 6:**
Endurance: How Much is Too Much?
- Activity 7:**
Making an Action Plan
- Activity 8:**
Closing

●●● Session 6

- Activity 1:**
Feedback/Problem Solving
- Activity 2:**
Strategies for Sick Days
- Activity 3:**
Foot Care
- Activity 4:**
Medication Use & Management
- Activity 5:**
Working with Your Health Care Professional & Health Care System
- Activity 6:**
Looking Back & Planning for the Future
- Activity 7:**
Closing

●●● Session 7

Celebration! Have a health professional come in to talk to the group about health resources and related information.