Live on Purpose – Even with Diabetes!

Take Charge of Your Diabetes Program
Learn to be a Diabetes Self-Manager

SESSION OUTLINE

Week 1:
- Introduction – Identifying Common Problems
- Workshop Overview and Responsibilities
- What is Diabetes?
- Introduction to Healthy Eating
- Introduction to Action Plans

Week 2:
- Feedback/Problem-Solving Session
- Formula for a Healthy Eating Plan
- Preventing a Low Blood Sugar: Hypoglycemia
- Making an Action Plan

Week 3:
- Feedback/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

Week 4:
- Feedback/Problem-Solving Session
- Dealing with Difficult Emotions
- Reading Nutrition Labels
- Endurance Activities
- Guided Imagery
- Making an Action Plan

Week 5:
- Feedback/Problem-Solving Session
- Depression Management
- Positive Thinking
- Communication Skills
- Medication Usage
- Making an Action Plan

Week 6:
- Feedback/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

For more information, contact Trainers:

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