

# **Diabetes Self-Management Program (DSMP), Tidewater**

Age Requirements

60+

Available 24/7

No

Other Eligibility Criteria

Must be 60 and over

Intake Contact

Mary Noonan

Intake Process

To request or register for the class visit the webpage or call 757-963-9209.

Intake Contact Telephone

(757) 963-9209

Provider Refer

Yes

Residency Requirements

SSSEVA coverage area

Self Refer

Yes

Senior Services of Southeastern Virginia

<http://www.ssseva.org/>

<https://www.ssseva.org/programs/diabetes-self-management/>

Main

(757) 461-9481

2551 Eltham Avenue

Suite Q

23513 VA

United States

Monday: 8:30 am-4:30 pm

Tuesday: 8:30 am-4:30 pm

Wednesday: 8:30 am-4:30 pm

Thursday: 8:30 am-4:30 pm

Friday: 8:30 am-4:30 pm

Saturday: Closed

Sunday: Closed

Fee Structure

No Fee

Languages Spoken

English

The Diabetes Self-Management Program (DSMP) is a six-week, 2.5-hour workshop to support individuals who live with diabetes. The workshop includes techniques to deal with diabetes symptoms such as:

- fatigue, pain, and emotional issues
- healthy eating and exercise choices
- preventing low blood sugar
- skin and foot care

Most importantly, participants help each other through brainstorming and problem-solving as they develop weekly achievable action plans. Classes are highly interactive, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

The program is currently offered virtually, please contact for joining information.

Service Area(s)

Chesapeake City

,

Franklin City

,

Isle of Wight County

,

Norfolk City

,

Portsmouth City

,

Southampton County

,

Suffolk City

,

Virginia Beach City

Email

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