

# Live Well, Virginia!, Diabetes Self-Management Program, Loudoun

Age Requirements

60+

Family

No

Intake Process

Call for information. There is no charge but registration is required.

Intake Contact Telephone

(703) 777-0257

Provider Refer

Yes

Self Refer

Yes

Loudoun County Area Agency on Aging

<https://www.loudoun.gov/1104/Area-Agency-on-Aging>

<https://www.loudoun.gov/index.aspx?nid=1127>

Main

(703) 777-0257

TTY/TTD

711

742 Miller Drive SE

20175 VA

United States

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.

Service Area(s)

Loudoun County

Email

[aaa@loudoun.gov](mailto:aaa@loudoun.gov)