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 problemsolving 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