

# Live Well, Virginia!, Diabetes Self-Management Program, Hampton Roads

Age Requirements

18 and over

Available 24/7

No

Intake Contact

Anne Elder

Intake Contact Email

swqaa@paainc.org

Intake Process

There is no cost but registration is required.

Intake Contact Telephone

(757) 933-2608

Report Problems

Call the Agency

Self Refer

Yes

Peninsula Agency on Aging, Inc.

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

<https://paainc.org/wellness-dsmp.html>

Main

(757) 933-2608

739 Thimble Shoals Blvd, Suite 1006

23606 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)

Essex County

,

Gloucester County

,

Hampton City

,

James City County

,

King William County

,

King and Queen County

,

Lancaster County

,

Mathews County

,

Middlesex County

,

Newport News City

,

Northumberland County

,

Poquoson City

,

Richmond County

,

Westmoreland County

,

Williamsburg City

,

York County

Email

[information@paainc.org](mailto:information@paainc.org)