



Nova Scotia First Nation Diabetes Self Management Journey December 5-8th, 2016

Are you living with diabetes/pre-diabetes? This is an opportunity for you and a support person to come together with other First Nation persons living with diabetes in Truro for a week of learning, laughing, and trying new things. The goal of this program is to assist individuals in learning the tools they need to effectively manage their diabetes, and be accompanied by a person who also understands the teachings and can offer support once the participant returns home.

If you are interested in attending please submit your name to Amanda or Melanie at 902-742-0257.

Deadline : Wednesday October 28th

Preference will be given to those band members who have not attended this Self-Management Journey in the past. **Some** topics that will be covered over the 4 days:

Diabetes 101 – What You Need to Know

Exercise...A Vital Component to Diabetes Management

Diabetes Management – YOU are the Team Captain!

- **Blood Glucose Monitoring**
- **Managing Highs and Lows**
- **Sick Day Management**
- **Your Personal Choices: Smoking & Alcohol**

Heart Disease and Diabetes – An Important Discussion!

Coping With Diabetes: Mental Wellness & Stress

Management /Action Plans

Diabetes and Medicine – The Balance Between Traditional and Western Medicine in Diabetes Management