

# **Live Well, Virginia!, Diabetes Self-Management Program, Smyth**

Age Requirements

60+

Available 24/7

No

Other Eligibility Criteria

Persons age 60 and older.

Family

No

Intake Contact

Debbie Spencer

Intake Contact Email

dspencer@district-three.org

Intake Process

Telephone referrals accepted.

Intake Contact Telephone

(276) 783-8157

Self Refer

Yes

District Three Governmental Cooperative

<https://www.district-three.org>

<https://www.facebook.com/District-Three-Governmental-Cooperative-22717093433921...>

<https://twitter.com/DistrictThreeVA>

Main

(276) 783-8157

Toll-Free

(800) 541-0933

4453 Lee Highway

24354 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)

Bland County

,

Bristol City

,

Carroll County

,

Galax City

,

Grayson County

,

Smyth County

,

Washington County

,

Wythe County

Email

[info@district-three.org](mailto:info@district-three.org)