

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

Age Requirements

60+

Available 24/7

No

Family

No

Intake Process

Call, email, or visit the website for information.

Intake Contact Telephone

(703) 324-7948

Provider Refer

Yes

Report Problems

Call the Agency

,

Send an Email

,

Send a Letter

Residency Requirements

Serves residents of the cities of Falls Church and Fairfax and Fairfax County

Self Refer

Yes

Fairfax County Area Agency on Aging

<https://www.fairfaxcounty.gov/familyservices/older-adults>

<https://www.fairfaxcounty.gov/hscode/EReg/Registration.aspx?groupID=65>

Main

(703) 324-5374

Toll-Free

(866) 503-0217

12011 Government Center Parkway

Suite 708

22035 VA

United States

Monday: 8:00 am-4:30 pm

Tuesday: 8:00 am-4:30 pm

Wednesday: 8:00 am-4:30 pm

Thursday: 8:00 am-4:30 pm

Friday: 8:00 am-4:30 pm

Saturday: Closed

Sunday: Closed

Fee Structure

No Fee

,

Sliding Scale Fee

,

Call for Information

Languages Spoken

Multi-Lingual

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)

Fairfax City

,

Fairfax County

,

Falls Church City

Email

[FairfaxAAA@fairfaxcounty.gov](mailto:FairfaxAAA@fairfaxcounty.gov)