

Live Well, Virginia!, Diabetes Self-Management Program, Danville

Age Requirements

60+

Available 24/7

No

Family

No

Intake Contact Email

info@southernaaa.org

Intake Process

Diabetes Self Management workshops are scheduled at various locations throughout Danville and Martinsville and the counties of Franklin, Henry, Patrick, and Pittsylvania. Please call Southern Area Agency on Aging at 276-632-6442 or 800-468-4571 to inquire about upcoming workshop locations. There is no fee but registration is required.

Report Problems

Other

Self Refer

Yes

Southern Area Agency on Aging

<http://www.southernaaa.org>

Main

(276) 632-6442

Toll-Free

(800) 468-4571

204 Cleveland Avenue

24112 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)

Brunswick County

,

Danville City

,

Franklin County

,

Halifax County

,

Henry County

,

Martinsville City

,

Mecklenburg County

,

Patrick County

,

Pittsylvania County

Email

info@southernaaa.org