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| **Diabetes Self-Management Workshop Overview** | | | | | | |
|  | **Week**  **1** | **Week**  **2** | **Week**  **3** | **Week**  **4** | **Week**  **5** | **Week**  **6** |
| **Overview of self-management and diabetes** | \* |  |  |  |  |  |
| **Making an action plan** | \* | \* | \* | \* | \* | \* |
| **Monitoring** | \* | \* | \* | \* | \* | \* |
| **Nutrition/Healthy Eating** | \* | \* | \* | \* |  |  |
| **Feedback/Problem-solving** |  | \* | \* | \* | \* | \* |
| **Preventing low blood sugar** |  | \* |  |  |  |  |
| **Preventing complications** |  |  | \* |  |  |  |
| **Fitness/Exercise** |  |  | \* | \* |  |  |
| **Stress management** |  |  | \* |  |  |  |
| **Relaxation techniques** |  |  | \* | \* |  |  |
| **Difficult emotions** |  |  |  | \* |  |  |
| **Monitoring blood sugar** |  |  |  | \* |  |  |
| **Depression** |  |  |  |  | \* |  |
| **Positive thinking** |  |  |  |  | \* |  |
| **Communication** |  |  |  |  | \* |  |
| **Medications** |  |  |  |  | \* |  |
| **Working with your health care professional** |  |  |  |  |  | \* |
| **Working with the health care system** |  |  |  |  |  | \* |
| **Sick days** |  |  |  |  |  | \* |
| **Skin and foot care** |  |  |  |  |  | \* |
| **Future plans** |  |  |  |  |  | \* |