



Asian American Inter
Community Service (AICS)



Diabetes Self-Management Program (DSMP)

This highly interactive free to the community workshop is highly effective. Mutual support and success build participants' confidence in their ability to self-manage their health conditions and maintain active and fulfilling lives.

Workshop Format: Small group workshop (8-10 participants)

2 1/2 hours per session

1 session per week for 6 weeks

Dates and time for our next upcoming workshop: Sessions will be held every Saturday from 10 am – 12:30 pm ET.

Session 0: April 8

Session 1: April 15

Session 2: April 22

Session 3: April 29

Session 4: May 6

Session 5: May 13

Session 6: May 20

Settings: Workshops are virtual.

For additional information contact: Shahin Sebastian at shahinsebastian@gmail.com

Visit our website: <https://www.aicscare.org>

To register for this upcoming workshop:



Scan the QR code →

or click on the link below:

https://docs.google.com/forms/d/e/1FAIpQLSdaW2HuUz_vRZ2fta4vTV76EBk3fzljxQ2ve4FVVtxuVlGgGg/viewform?usp=sf_link

Participants: People with type 2 diabetes or with pre-diabetes and family members or caregivers of people with diabetes

Participant will be provided with materials:

- "Living a Healthy Life with Chronic Conditions" Book
- Audio relaxation tape*

Leaders: 2 trained leaders, one or both of whom are non-health professionals with diabetes themselves.

Must be trained by certified Master Trainers, or must be Master Trainers themselves.

Skills that will be taught:

- Techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration
- Appropriate exercise and healthy eating for maintaining and improving strength and endurance
- Appropriate use of medication
- Working more effectively with health care providers
- Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program.



"The American Diabetes Association identifies this program as meeting the Diabetes Support Initiative criteria for support programming."