

LIVE ONLINE

FREE
Workshop

Diabetes Self-Management Program (DSMP)



Paths to Health ^{NM}
Tools for Healthier Living

Feel better! Join, learn and take control.

Learn new skills during a **FREE** live 6-week workshop using your electronic device and an internet connection.

Come learn how to better manage type 2 diabetes. Join the **Diabetes Self-Management Program (DSMP)**.

- Build skills that will help you manage your health.
- Family, friends and caregivers are welcome to join with you for free.

Workshop Details

DAY OF WEEK: Thursdays

DATES: Feb. 20 – Mar. 27, 2025

TIME: 6:00 p.m. – 8:30 p.m.

LOCATION: Held via Zoom
Zoom link emailed weekly

TO REGISTER, CONTACT: NM Health Helpline
1 – 833 - SWNURSE
1 - (833) 796 - 8773

What topics and skills are covered during this workshop?

- Monitoring blood sugar levels
- Foot care
- Preventing or delaying complications
- Goal-setting and making an action plan
- Decision-making
- Problem-solving
- Healthy eating
- Communication
- Dealing with difficult emotions
- Medication usage



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