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 problemsolving 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.

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Service Area(s)
Fairfax City
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Fairfax County
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Falls Church City
Email
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