

## Diabetes Health and Wellness Classes: Chronic Disease Self Management Program

Age Requirements

60+

Family

No

Intake Contact

Kathy Brown

Intake Process

Please contact Kathy Brown at (804) 343-3004 for more information. There is no cost, but registration is required

Intake Contact Telephone

(804) 343-3004

Provider Refer

Yes

Self Refer

Yes

The SPAN Center

<https://spancenter.org/>

<https://seniorconnections-va.org/services/education-information/health-wellness...>

<https://www.facebook.com/seniorconnectionscaaa/?v=wall>

@sccaaa

Main

(804) 343-3004

TTY/TTD

(804) 343-3008

1300 Semmes Avenue

23224 VA

United States

Monday: 8:30 am-5:00 pm

Tuesday: 8:30 am-5:00 pm

Wednesday: 8:30 am-5:00 pm

Thursday: 8:30 am-5:00 pm

Friday: 8:30 am-5:00 pm

Saturday: Closed

Sunday: Closed

Fee Structure

Call for Information

Languages Spoken

English

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Language Line available

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)

Amelia County

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Buckingham County

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Charles City County

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Charlotte County

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Chesterfield County

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Colonial Heights City

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Cumberland County

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Dinwiddie County

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Emporia City

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Goochland County

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Greensville County

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Hanover County

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Henrico County

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Hopewell City

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Lunenburg County

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New Kent County

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Nottoway County

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Petersburg City

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Powhatan County

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Prince Edward County

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Prince George County

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Richmond City

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Surry County

,

Sussex County

Email

[seniorconnections@youraaa.org](mailto:seniorconnections@youraaa.org)