

# Tool Kit for Active Living with Diabetes



***Put **life** back  
into your life.***



**For adults living with diabetes and caregivers**

- ✓ Join our **free telephone health program** and explore ways to take back control over your health
- ✓ **Six-week program** with 1 hour calls each week led by program facilitator in small groups of 6 people
- ✓ **Explore topics** such as Action Planning, Glucose Monitoring, Healthy Eating with Diabetes, Physical Activity and more
- ✓ Participants will receive the **free** Living a Healthy Life Resource book, Self-test and Tips Booklet, Exercise CD and Relaxation CD

**DATES**

**TIME**

**LOCATION**

**Pre-registration is *required*, for more information:  
Call 1-866-971-5545 or register online at [www.ceselfmanagement.ca](http://www.ceselfmanagement.ca)**



Self-Management Program  Ontario

