

Live Well, Virginia!, Diabetes Self-Management Program, Culpeper

Age Requirements

No Age Requirement

Available 24/7

No

Documents Required

Call for details

Intake Contact

Bonnie Vermillion

Intake Contact Email

bonnired@comcast.net

Intake Process

Call the office or access RRCS website for information and to register. There is no cost, but registration is required.

Intake Contact Telephone

(540) 547-4824

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Encompass Community Supports

<http://www.rrcsb.org>

<https://www.facebook.com/rrcsb>

@rrcsb

Main

(540) 547-4824

Toll-Free

(540) 718-9341

Phone Emergency

(540) 825-5656

TTY/TTD

(540) 825-7391

Rappahannock Rapidan Community Services
15361 Bradford Road
22701 VA
United States

Additional Availability Comments

Crisis emergency services are available 24 hours per day, every day.

Fee Structure

Sliding Scale Fee

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Call for Information

Languages Spoken

English

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)

Culpeper County

,

Fauquier County

,

Madison County

,

Orange County

,

Rappahannock County

Email

rrcsb@rrcsb.org