

# Live Well, Virginia!, Diabetes Self-Management Program, Lynchburg

Age Requirements

60+

Family

No

Intake Process

Please contact the office.

Provider Refer

Yes

Self Refer

Yes

Central Virginia Alliance for Community Living, Inc.

<http://www.cvcl.org/>

<https://www.cvacl.org/health-and-wellness-1>

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

Main

(434) 385-9070

501 12th Street

24504 VA

United States

Monday: 8:30 am-4:30 pm

Tuesday: 8:30 am-4:30 pm

Wednesday: 8:30 am-4:30 pm

Thursday: 8:30 am-4:30 pm

Friday: 8:30 am-4:30 pm

Saturday: Closed

Sunday: Closed

Fee Structure

No Fee

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)

Amherst County

,

Appomattox County

,

Bedford County

,

Campbell County

,

Lynchburg City

Email

[cvacl@cvcl.org](mailto:cvacl@cvcl.org)