



MERCY MEDICAL CENTER

# Diabetes Self Management Program (DSMP)

*Living a healthy life with diabetes.*

## What is the Diabetes Self Management Program?

The Diabetes Self-Management Program is an 8 week workshop held on Wednesdays that helps participants learn proven strategies to manage diabetes and feel healthier.

There is no cost to attend, however, registration is required.

## To Register:

To register, contact Lillian Sanchez at [Lillian.Sanchez@DignityHealth.org](mailto:Lillian.Sanchez@DignityHealth.org) or call **209.564.4310**.

## Workshops are held at:

Mercy Outpatient Center  
Community Health, 3rd Floor  
2740 M Street  
Merced, CA 95340

## Workshop Dates and Times:

For upcoming workshop dates, contact Lillian Sanchez-Ramos at 209.564.4310 or [Lillian.Sanchez@DignityHealth.org](mailto:Lillian.Sanchez@DignityHealth.org).