

## PEP Talk – Diabetes, Healthy Feet, and You Community Workshop Agenda

Topic	Activity
1.	Introduction
2.	About Diabetic Foot Ulcers
3.	Changes in Your Feet and What You Should Do
4.	Caring for Your Feet
5.	<b><u>Demonstration: Shoe Fitting Exercise</u></b>
6.	<b><u>Video: Diabetic Foot Exam</u></b>
7.	<b>BREAK</b>
8.	Your Foot and Wound Care Team
9.	<b><u>Video: Caring for Your Feet</u></b>
10.	Commitment to Change and Goal Setting

The PEP Talk: Diabetes, Healthy Feet & You workshop is supported by the:  
Toronto Central Self-Management Program,  
South Riverdale Community Health Centre,  
and the Ontario Ministry of Health and Long Term Care.