



NEED HELP MANAGING DIABETES?

Attend a free 6-week virtual workshop

Diabetes PATH (Personal Action Toward health) is an interactive workshop designed to help individuals with diabetes improve their health and feel better. It is Michigan's version of the award-winning Stanford Chronic Disease Self-Management Program.

Get on the PATH to better health

In this workshop, you will learn how to:

- Eat healthy and create balanced meal plans
- Manage symptoms and decrease stress
- Increase physical activity
- Balance your blood sugar
- Improve your communication skills with family and your health care provider
- Manage everyday activities by making an action plan
- Problem solve and make decisions
- Deal with difficult emotions and depression
- Prevent complications
- Improve your overall health, increase your energy, and more!

VIRTUAL DIABETES PATH WORKSHOPS ARE AVAILABLE
REGISTER AT AGINGWELLINMICHIGAN.ORG/CLASSES

Tuesdays, January 12 - February 16, 2021 - 1:00pm - 3:30pm

Mondays, January 25 - March 8, 2021 - 5:30pm - 7:30 pm

Wednesdays, February 17, 2021 - March 31, 2021 - 8:30 am - 10:30am

Thursdays, March 4 - April 15, 2021 - 12:30pm - 2:30 pm

Workshop is free of charge, but donations are accepted



Enjoy Any Class in Michigan Now Available Online or by Conference Call. Thank you to all participating Area Agency on Agings.