



DIABETES PATH

PERSONAL ACTION TOWARDS HEALTH

THE STANFORD DIABETES SELF-MANAGEMENT PROGRAM

Diabetes PATH is a workshop that empowers people to take an active role in managing diabetes.

Do you have diabetes or know someone who does?

Adults of all ages interested in diabetes may attend, including adults with pre-diabetes, Type 1 or Type 2 diabetes, family members and caregivers.

Diabetes Self-Management workshop topics include:

- Increase Energy
- Healthy Eating
- Meal Planning
- Blood Sugar
- Exercise Monitoring
- Preventing Complications
- Monitoring Medication
- Goal Setting and Problem Solving

This free class series meets once a week for six weeks.
Class size is limited, and registration is required.

DATES: July 1, 2020 - August 5, 2020

LOCATION: Ogemaw Commission on Aging
1528 South M-33
West Branch, MI 48661

TIMES: 1:00 p.m. - 3:30 p.m.

**FOR MORE INFORMATION OR TO REGISTER
CONTACT 989.358.4616
OR MAINVILLEB@NEMCSA.ORG**

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