



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!

UPCOMING DIABETES PATH WORKSHOP

Virtual Workshop via Zoom

Tuesdays, January 12 - February 16, 2021

1:00pm - 3:30pm

To register, contact Region 2 Area Agency on Aging at 517-595-1678 or e-mail livingwellprograms@r2aaa.net

Workshop is free of charge, but donations are accepted

