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 or pre-diabetes improve their health and feel better. Caregivers are also welcome to attend.

Get on the PATH to better health!

Learn how to:

- Eat healthy
- Create balanced meal plans
- Decrease stress
- Get physically active
- Balance your blood sugar
- Improve communication skills
- Problem solve and make decisions
- Deal with difficult emotions
- Prevent complications
- Action plan
- Improve your overall health, increase your energy, and more!

DIABETES PATH WORKSHOPS VIA ZOOM

Tuesdays January 19 - February 23, 2021 1:00pm - 3:30pm

CLICK HERE TO REGISTER: or call 517-592-1974; email livingwellprograms@r2aaa.net

Mondays February 22 - March 29, 2021 5:30pm - 8:00pm

TO REGISTER, call Tri-County Office on Aging at 517-887-1465

Fridays March 12 - April 16, 2021 10:00am -12:30pm via GoToMeeting

TO REGISTER, call (833)262-2200 or email wellnessprograms@aaa1b.org

Donations are welcome. This workshop is available in part through funding from the Older American's Act and Michigan Department of Health & Human Services/Aging & Adult Services Agency

American Diabetes Association. Connected for Life