

P.A.T.H

Take charge of your health and better understand your chronic condition. Join us for **Personal Action Towards your Health.**



DIABETES PATH

Conference Call on Tuesdays
November 10, 2020 – December 15, 2020
1:30 pm – 2:30 pm

What You Will Learn

Diabetes PATH teaches practical skills for living a healthy life with Diabetes. Learn how to:

- Deal with the challenges of not feeling well
- Talk to healthcare workers and family members
- Overcome stress and relax
- Make healthy eating plans and prevent low-blood sugar
- Prevent or delay complications
- Stay independent

TO REGISTER

Contact Julie Schwarz at (269) 982-7759
or julieschwarz@areaagencyonaging.org
campusforcreativeaging.org



"The American Diabetes Association identifies this program as meeting the Diabetes Support Initiative criteria for support programming."

**PROGRAM
DELIVERED BY
MAILED TOOL-KIT
WITH A WEEKLY
CONFERENCE CALL**

DIABETES PATH

**6 week
guided class**

Donations are accepted but it not required.

**Tookit Will be
mailed right to
your home upon
registering**

