



Struggling with Diabetes?

Attend Diabetes PATH workshop online!



Diabetes PATH (Personal Action Toward Health) is a FREE 6-week interactive workshop to learn how to take control of your health

Topics include:

- ✓ Healthy eating and how to make meal plans
- ✓ Fitness and exercise
- ✓ Preventing complications, sick days, and foot care
- ✓ Monitoring blood sugar and preventing low blood sugar
- ✓ Relaxation techniques and stress management
- ✓ Communication and dealing with difficult emotions
- ✓ Goal setting, decision making, problem solving...and more!

Past participant testimonial: "This was the best diabetes education that I've ever received. It dealt with all aspects of dealing with diabetes, not just food. Stress management, problem solving, and action planning was very useful."

How do participants feel after taking the workshop?

- 96% feel more confident managing their health conditions
- 100% would recommend the workshop to family and friends

Upcoming Virtual Workshop

Mondays, October 26 – November 30, 2020

9:30 – 11:30 am

Pre-workshop Zoom Orientation Monday, October 19 at 9:30 am

To register, call Tri-County Office on Aging at 517-887-1465

Workshop is free of charge, but donations are accepted. Suggested donation is \$25 per person but it is not required to register.

Partial funding is provided by Lions Club International

