



TAKE THE PATH TO MANAGE DIABETES

Attend Diabetes PATH!



No computer or internet required

Workshop delivered by mailed Tool Kits and weekly group phone calls

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

Topics include:

- ✓ Healthy eating
- ✓ Physical activity and exercise
- ✓ Dealing with stress and difficult emotions
- ✓ What to do when you are sick
- ✓ Preventing complications
- ✓ Monitoring blood sugar and preventing low blood sugar
- ✓ 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 Group Phone Call Workshop

Mondays, December 7, 2020 – January 11, 2021
1:00 – 2:00 pm via small group phone call

To register, call Tri-County Office on Aging at 517-887-1465
Register by Monday, November 23. Space is limited.

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

