



## Diabetes PATH (*Personal Action Toward Health*)

Tuesdays

1-3 pm

November 3, 10, 17, 24

December 1 & 8

Held LIVE online via Zoom  
*Participants should plan to attend all 6 sessions to the best of their ability & must be able to fully participate with video and audio*

**Free—open to Michigan residents**

**REGISTER:**

<https://events.anr.msu.edu/DiabetesPATHNovember2020/>



*This series is funded by a generous grant from Lions Club International.*



### WHO SHOULD ATTEND:

Adults of all ages interested in diabetes may attend, including adults with prediabetes, type 2 diabetes, their family members and caregivers. You must have the ability to use audio and video features to participate in this online workshop.

### DESCRIPTION:

Diabetes PATH is a self-management workshop where you learn tools to manage diabetes. Over the course of 6 weeks, you will learn strategies to help you:

- deal with difficult emotions,
- develop a healthy eating and exercise plan,
- set goals,
- problem solve, and
- a variety of other tools to manage diabetes.

### CONTACT:

Contact Christi Demitz at 616-632-7881 or [demitzch@msu.edu](mailto:demitzch@msu.edu) to register or if you have questions about the workshop.

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