

# 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 Mondays  
September 14, 2020 – October 19, 2020  
1:30 – 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](mailto:julieschwarz@areaagencyonaging.org)  
[campusforcreativeaging.org](http://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**

**Free 6 week  
guided class**

Workshops are free  
donations are  
accepted but it not  
required.

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

