



NEED HELP MANAGING DIABETES?

Attend a free 6-week virtual workshop

Diabetes PATH (Personal Action Toward Health) is an interactive workshop designed to help individuals with diabetes or pre-diabetes improve their health and feel better. Caregivers are also welcome to attend.

Get on the PATH to better health!

Learn how to:

- Eat healthy
- Create balanced meal plans
- Decrease stress
- Get physically active
- Balance your blood sugar
- Improve communication skills
- Problem solve and make decisions
- Deal with difficult emotions
- Prevent complications
- Action plan
- Improve your overall health, increase your energy, and more!



DIABETES PATH WORKSHOPS VIRTUAL

Monday Afternoons **January 22 – February 26, 2024** **1:30 pm – 4:00 pm**
TO REGISTER, CALL 517-592-1974 or email livingwellprograms@wellwiseservices.org

Thursday Mornings **January 25 – February 29, 2024** **10:00am – 12:30pm**
TO REGISTER CALL 313.833.7080 EXT223

Thursdays Afternoons **April 4- May 9, 2024** **1:00pm- 3:30pm**
TO REGISTER CALL 269-982-7759 or email julieschwarz@areaagencyonaging.org

Thursday Afternoons **July 11 -August 15, 2024** **1:00pm - 3:30pm**
TO REGISTER CALL 313.397.8227