



TAKE THE PATH TO BETTER HEALTH

You are invited to participate in a free 6-week virtual workshop

Learn to manage your ongoing health condition, so you can improve your health and feel better!

Get on the Diabetes PATH

Michigan's version of the award winning Stanford Chronic Disease Self-management Program

Diabetes PATH (Personal Action Towards Health) is designed to help people living with Type 2 Diabetes and their support system live a healthier life. In this workshop, YOU can:

- Manage everyday activities by making an action plan
- Avoid Complications
- Learn to balance your blood sugar
- Improve your communication skills with your family and your health care provider
- Understand the importance of monitoring your blood sugar
- Manage symptoms and decrease stress
- Improve your overall health and increase your energy!



UPCOMING DIABETES PATH WORKSHOP

Virtual Class via Zoom

Thursdays: October 29 thru December 10, 2020

***No class on Thanksgiving**

Time: 1:00pm - 3:30pm

To register for the class please email Abbie Mars, Health and Wellness Program Manager at marsa@valleyaaa.org . Please register for this class by Monday, October 19 to ensure time to mail participants book and materials.

Workshops are FREE, led by qualified leaders. Paid for funds by the Valley Area Agency on Aging and Aging and Adult Services Agency. For more information, call Abbie Mars, Health & Wellness Program Manager, VAAA at (810) 600-0633.

