



DIABETES PATH

Helping you take charge of
your diabetes!

This workshop is an Arabic speaking workshop.

Where:

Henry Ford
Centennial Library
16301 Michigan Ave.
Dearborn, MI 48126

When:

Thursdays from
4:00-6:00pm

Sessions 1-6:

April 27
May 4, 11, 18, 25
June 1

To register:

Visit nkfm.org/diabetespath
or call Maysaa Chammout at
734-222-9800 ex. 2001

This workshop is offered at
no cost to you!

Diabetes PATH (Personal Action Toward Health) is designed to provide skills and tools to help people living with type 2 diabetes and their support system live a healthier life. It is a fun, interactive, six week workshop led by certified leaders.

Learn how to:

- 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



NATIONAL KIDNEY
FOUNDATION.

of Michigan



MICHIGAN Partners on the

PATH



American
Diabetes
Association.

Connected for Life

"The American Diabetes Association identifies this program as meeting the Diabetes Support Initiative criteria for support programming."

During registration, please indicate if you need special accommodations in order to participate. Since this is a full six-week workshop, new participants are unable to join after week 2.

National Kidney Foundation of Michigan | 2023 | 800-482-1455 | www.nkfm.org
For other wellness programs in Michigan, visit www.mihealthyprograms.org.

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