



# 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 VIA ZOOM

<b>Monday Evenings</b>	<b>January 23 - February 27, 2023</b>	<b>5:30 pm - 8:00 pm</b>
<b>TO REGISTER, , CALL (517) 887-1465 or email <a href="mailto:histedc@tcoa.org">histedc@tcoa.org</a></b>		
<b>Wednesday Afternoons</b>	<b>February 1 - March 15, 2023</b>	<b>1:00 pm - 3:30 pm</b>
<b>TO REGISTER, CALL (313)397-8227</b>		
<b>Monday Afternoons</b>	<b>February 6 - March 13, 2023</b>	<b>1:00 pm - 3:30 pm</b>
<b>TO REGISTER, , CALL (517) 592-1974 or email <a href="mailto:livingwellprograms@r2aaa.net">livingwellprograms@r2aaa.net</a></b>		
<b>Thursday Afternoons</b>	<b>February 9 - March 23, 2023</b>	<b>1:00 pm - 3:30 pm</b>
<b>TO REGISTER, CALL (313) 833-7080, ext. 223 or email <a href="mailto:a.kanakaris@stpatsrctr.org">a.kanakaris@stpatsrctr.org</a></b>		

