



TAKE THE PATH TO BETTER HEALTH

You are invited to participate
in a free 6-week 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 WORKSHOPS

Burton Senior Center

3410 S Grand Traverse St.
Burton, MI 48529

Wednesdays: April 17th, 24th 12:30pm - 3pm

Wednesdays: May 1st, 8th, 15th, 29th 12:30pm - 3pm

To register call: Burton Senior Center at
(810) 744-0960

No Class 5/22/24

No Cost

Workshops are FREE, led by qualified leaders, and a snack is provided at each session.

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.

