



# 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

### Imlay City Senior Center

395 E. Third St.

Imlay City, MI 48444

**Tuesdays: June 4th, 11th, 18th, 25th from 12:15pm - 2:30pm**

**Tuesdays: July 2nd, 9th from 12:15pm - 2:30pm**

**To register call: Imlay City Senior Center at  
(810) 724-6030**

**No Cost - Donation Accepted**

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.

