



TAKE THE PATH TO BETTER HEALTH

You are invited to participate in a free 5-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!

Carman Ainsworth Senior Center

2071 S Graham Rd
Flint, MI 48532
November 7 – December 19, 2024
12:30pm – 3:00pm
To register call: 810-732-6290

Imlay City Senior Center

395 E Third St
Imlay City, MI 48444
November 12 – December 17, 2024
12:30pm – 3:00pm
To register call: 810-724-6030

McFarlan Court Street Villages

700 E Court St.
Flint, MI 48502
January 9 – February 13, 2025
12:30pm – 3:00pm
To register call: 810-239-4400

Davison Area Senior Center

10135 Lapeer Rd
Davison, MI 48423
February 27 – March 27, 2025
1:00pm – 3:30pm
To register call: 810-658-1566

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.



Valley Area Agency On Aging
Answers, Action & Advocacy
for **All Things Senior**

