



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!

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

Owosso Senior Center

300 N Washington St
Owosso, MI 48867
July 10 – August 14, 2025
12:30pm – 3:00pm
To register call: 989-723-8875

Durand Senior Center

8618 Lansing Rd
Durand, MI 48429
June 2 – July 7, 2025
12:30pm – 3:00pm
To register call: 989-288-4122

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**

