



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!

Court St Village – Flint

700 E Court St Flint, MI 48503

Wednesdays, October 8 – November 5, 2025

12:30pm – 3:00pm

To register call: (810) 767-0603

Burton Senior Center

3410 S Grand Traverse St Burton, MI 48529

Wednesdays, November 12 – December 17, 2025

12:30pm – 3:00pm

To register call: (810) 744-0960

Loose Senior Center

707 N Bridge St Linden, MI 48451

Mondays, October 27 – November 24, 2025

12:30pm – 3:00pm

To register call: (810) 735-9406

Hasselbring Senior Center

2111 Flushing Rd. Flint, MI 48504

Thursdays, January 8 – February 12, 2026

12:30pm – 3:00pm

To register call: (810) 766-9516

