

LEARN TO MANAGE YOUR DIABETES

Through an ON-LINE DIABETES PATH Workshop



ATTEND A VIRTUAL WORKSHOP!

DIABETES PATH (Personal Action Toward Health) is a **6-week workshop** designed to help people with Diabetes improve their health & feel better.

It's designed for people with Diabetes Type I or II, Pre-Diabetes, and/or Caregivers for someone with diabetes.

DPATH teaches several tools for **self-managing** their health condition. People who attend learn how to face daily challenges of living with a chronic health condition while still having a healthy and meaningful lifestyle.

You choose your own goals!

What's in it for YOU?

You will learn to better manage your condition using these tools:

- Healthy Eating
- Being Active
- Monitoring Blood Sugar
- Problem Solving
- Stress Management
- Dealing with Difficult Emotions
- Preventing Complications
- Action Plans!



ON-LINE Diabetes PATH workshops
Meet through Zoom

2 ½ hours per week for 6 weeks.

6-week DIABETES PATH WORKSHOP

WHEN: MONDAYS 9:30am-12:00pm
OCTOBER 5 – NOVEMBER 9, 2020

WHERE: You will sign in through Zoom either on your home computer, ipad, or smart phone. We'll walk you through it if you've never used Zoom before!

COST=FREE!

[CLICK HERE TO REGISTER](#)

Or call Region 2 Area Agency on Aging to register at 517-592-1678

