NEED HELP MANAGING DIABETES?

Attend a free 6-week virtual workshop

Diabetes PATH (Personal Action Toward Health) is an interactive workshop designed to help individuals with diabetes or pre-diabetes improve their health and feel better. Caregivers are also welcome to attend.

Get on the PATH to better health!

Learn how to:

- Eat healthy
- Create balanced meal plans
- Decrease stress
- Get physically active
- Balance your blood sugar
- Improve communication skills
- Problem solve and make decisions
- Deal with difficult emotions
- Prevent complications
- Action plan
- Improve your overall health, increase your energy, and more!

DIABETES PATH WORKSHOPS VIA ZOOM

Monday Evenings March 7 – April 11, 2022 5:30 pm – 8:00 pm

TO REGISTER, CALL 2-1-1 or email upcapinfo@upcap.org

Donations are welcome. This workshop is available in part through funding from the Older American's Act and Michigan Department of Health & Human Services/Aging & Adult Services Agency

American Diabetes Association. Connected for Life