



# Struggling with Diabetes?

## **Tri-County Office on Aging invites you to participate in a 6-week workshop called Diabetes PATH**

(Personal Action Toward Health)

Michigan's version of the award-winning *Stanford Chronic Disease Self-Management Program*

**DIABETES PATH** workshops are offered to learn about...

- Healthy eating and how to make meal plans
- Fitness and exercise
- Preventing complications, sick days, and foot care
- Monitoring blood sugar and preventing low blood sugar
- Relaxation techniques and stress management
- Working with your healthcare professional
- Communication and dealing with difficult emotions
- Goal setting, decision making, problem solving....and more!

*Testimonial from past participants in the tri-county area....*

*"I truly enjoyed being here every week. The snacks provided were not only delicious, but it gave me ideas of what to eat and made it seem more manageable and something I could handle."*

## 2017 Workshop Schedule

### **First United Methodist Church**

600 S. Main St.- Eaton Rapids  
Upper Room (room 221), upstairs

**Tuesdays, June 13 – July 25**

*(skip July 4<sup>th</sup> for the holiday)*

**9:30 am – 12 noon**

### **Sparrow Health Center**

2909 E. Grand River Ave.- Lansing  
3<sup>rd</sup> floor, Conference Room 1

**Wednesdays, August 2 – September 6**

**6:00 – 8:30 pm**



**To register, call Tri-County Office on Aging at 517-887-1465**

Workshop is free of charge but donations are accepted

Suggested donation is \$25 per person but is not required to register