



Struggling with Diabetes?

Tri-County Office on Aging and Physicians Health Plan
invites PHP members 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, skin, 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!

Testimonials 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."

Upcoming Virtual Workshop

Tuesdays, July 7 – August 11, 2020

6:00 – 8:00 pm

Pre-workshop Zoom Meeting Tuesday, June 30 at 6:00 pm

Workshop is FREE

Register:

PHPCaseManagement@phpmm.org

or call 517-364-8378

