

# Diabetes

## PATH Workshop

**Tuesdays | May 3 – June 7**  
**6 – 8:15 p.m. | Interactive Workshop**

**Are you struggling with diabetes? Want to gain control of your blood sugar?**

**Ready to take action toward better health?**

Then step on the PATH toward better health.

PATH (Personal Action Toward Health) is a free, six-week, small-group workshop modeled after the internationally recognized self-management program developed by the Stanford University Patient Education Center. This evidence-based program has been proven to help adults manage their diabetes, improve their quality of life, and lower healthcare costs.

PATH is offered by Tri-County Office on Aging (TCOA) and led by trained facilitators who are either living with diabetes themselves or are close with someone who has diabetes.



### Diabetes PATH will help you with

- » Healthy eating and meal plans
- » Fitness and exercise
- » Preventing complications and managing sick days
- » Foot care
- » Ideal blood sugar control
- » Creating a positive relationship with your healthcare provider
- » Setting goals, making decisions, problem-solving, and more!

### Upcoming Interactive Workshop\*

Register today. Space is limited.

Tuesdays | May 3 – June 7  
6 – 8:15 p.m. | Webinar

#### FREE to PHP Members

Call PHP at 517.364.8433 or email [PHPCaseManagement@phpmm.org](mailto:PHPCaseManagement@phpmm.org) and use "Diabetes PATH" in the subject line.

*\*Due to the ongoing COVID-19 pandemic this workshop will be web-based. We will continue to monitor the situation and will offer in-person meetings when it is safe to do so.*

