

# Diabetes

## PATH Workshop

Wednesdays | Sept. 27 – Nov. 1, 2023  
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.

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#### 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.*

