



Diabetes PATH



National Kidney Foundation®
of Michigan

Helping you take charge of your health!

Diabetes-PATH (Personal Action Toward Health) is designed to provide skills and tools to help people living with Type 2 diabetes and their support system live a healthier life. It is a fun, interactive, **six week workshop** led by certified leaders.

Where:

When:

Information Session:

Six Week Workshop:

Bonus Session:

To Register Call:

In this Workshop YOU can:

- Manage everyday activities by making an action plan
- Avoid complications
- Learn to balance your blood sugar
- Improve your communication skills with your family and your health care provider
- Understand the importance of monitoring your blood sugar
- Manage symptoms and decrease stress
- Improve your overall health and increase your energy!

Snacks Provided!



MICHIGAN
Partners on the
PATH

For more info call:

National Kidney
Foundation of MI

1-800-482-1455

www.nkfm.org/path

Area
Agency on
Aging 1-B
Advocacy • Action • Answers on Aging

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