



Online Diabetes PATH (Personal Action Toward Health) **Program for Michigan Residents**

Tuesdays,
6:00 - 8:00 PM on
January 19 and 26;
February 2, 9, 16 and 23,
2021

Held LIVE via Zoom
Please join on a device with
a camera

Cost: FREE for Michigan
residents

Registration required:
[https://events.anr.msu.edu/
DPATHJan2021/](https://events.anr.msu.edu/DPATHJan2021/)

Presenters:

Laura Anderson
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Lauryn Lin
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Kris Swartzendruber
swartze6@msu.edu



Diabetes PATH is a self-management workshop where you learn tools to manage diabetes. Over the course of six weeks, you will learn strategies to help you:

- deal with difficult emotions
- develop a healthy eating and exercise plan
- set goals
- problem solve
- learn about a variety of other tools to manage diabetes

Adults of all ages interested in diabetes and residents of Michigan may attend, including adults with prediabetes, type 2 diabetes, their family members and caregivers.

This workshop is held **LIVE** in a group format. Please plan to attend all sessions. **There will be a FREE gift for all who complete the series!**

For more information, or to register over the phone, contact Kris Swartzendruber at 989-245-5903 or e-mail at swartze6@msu.edu

This workshop series is for Michigan residents and funded by a generous grant from Lions Club International.

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