



Personal Action Toward Health (PATH) for Diabetes

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PATH for Diabetes is a six-week workshop designed to provide skills and tools to help you improve your health and manage your symptoms. As a result, you will be better equipped to face the daily challenges of living with diabetes. Through **PATH for Diabetes** you will learn to:

- Deal with the challenges of not feeling well
- Effectively talk to healthcare providers and family members
- Overcome stress and relax
- Increase your energy
- Handle everyday activities more easily
- Stay independent
- Set goals

If you, or someone you live with/care for has type 1, type 2 or pre-diabetes, this program is for you!!

Dates: Six sessions – Mondays, March 9 – April 13, 2020

Time: 1:00 pm – 3:30 pm

Place: Port Huron Senior Center
600 Grand River Avenue, Port Huron, MI 48060

Cost: FREE! This series is funded by the Lions of Michigan and the Lions Clubs International Foundation!!

Questions? Contact Kris Swartzendruber – (989) 672-3870
swartze6@msu.edu

To Register: Contact April Gould – (810) 984-5061
PRE-REGISTGER no later than Monday, March 2, 2020

Please join us — your health matters!



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