



Diabetes PATH



Beaumont

Helping you take charge of your health!

Free

Upcoming
workshops below:

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.

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!

To Register:



National Kidney Foundation®
of Michigan

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

Snacks Provided!

NKFM is funded in part by the Federal Older Americans Act and the Michigan Office of Services to the Aging through the Area Agency on Aging 1-B through the Office of Services to the Aging. The NKFM complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended and Section 504 of the Social Rehabilitation Act of 1973 II-8 and is an Equal opportunity employer program. Reasonable accommodation will be provided upon notification or request.