

# Diabetes PATH Workshop

Tuesdays | Mar. 12 – Apr. 16, 2024  
6 – 8:15 p.m. | Interactive Online 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!

**Register today. Space is limited.**  
Tuesdays | Mar. 12 – Apr. 16, 2024

**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.

