



# INTERACTIVE ONLINE WORKSHOP

# DIABETES PATH



Diabetes PATH is a free program designed to help participants to take an active role in managing their diabetes. Workshop topics include:

- Healthy Eating and Meal Planning
- Dealing with Stress
- Physical Activity
- Medication Usage
- Monitoring Blood Sugar
- Working with your Physician

## Dates:

Beginning August 5th through September 9, 2020  
runs for 6-weeks on every Tuesday

## Times:

1:00 p.m. to 3:30 p.m.

## To Register:

989.358.4616 or [mainvilleb@nemcsa.org](mailto:mainvilleb@nemcsa.org)

Space is limited, register early