



Interactive Online workshop

# Diabetes PATH

Personal Action Towards Health  
The Stanford Diabetes Self-Management Program

Diabetes PATH is a virtual workshop that empowers people to take an active role in managing diabetes

## Do you have diabetes or know someone who does?

Sign-up for a free online 6 week workshop!

Adults of all ages interested in diabetes may attend, including adults with pre-diabetes, Type 1 or Type 2 diabetes, family members and caregivers.

## Diabetes Self-Management Education workshops topics include:

- Increase Energy
- Healthy Eating
- Preventing Complications
- Meal Planning
- Exercise
- Monitoring Blood Sugar
- Monitoring Medication
- Goal Setting and Problem Solving

This free class series meets virtually once a week for six weeks.  
**Class size is limited. Registration is required.**

**Date:** November 3, 2020 - December 8, 2020

Every Tuesday for Six-Weeks

**Times:** 1:00 p.m. - 3:30 p.m.

**Register:** Call 989.358.4616  
Email [mainvilleb@nemcsa.org](mailto:mainvilleb@nemcsa.org)  
or click link above.



**Workshop is free, but donations are accepted.**  
Suggested donation is \$25 but it is not required.

