



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 have Type 1, Type 2 or Pre-diabetes, or live with/care for someone who has diabetes, this workshop is designed for you!

Dates: Six sessions – Mondays, October 30 – December 4, 2017

Time: 9:30 am - 12 noon

Place: Center Port Huron
Located at: First Congregational Church of Port Huron
723 Court Street, Port Huron 48060

Cost: \$15 – snacks will be served during all sessions.
***NOTE - Scholarships for registration available, contact Diane Slingerland – (810) 982-9519

For more information: Call Kris Swartzendruber – (989) 672-3870
To Register: Call Center Port Huron – (810) 982-9519

Please join us — your health matters!

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