**Personal Action Toward Health (PATH) for Diabetes**

**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, or someone you live with/care for has type 1, type 2 or pre-diabetes, this program is for you!!**

**Dates:** Six sessions – Mondays, March 9 – April 13, 2020

**Time:** 1:00 pm – 3:30 pm

**Place:** Port Huron Senior Center
600 Grand River Avenue, Port Huron, MI 48060

**Cost:** FREE! This series is funded by the Lions of Michigan and the Lions Clubs International Foundation!!

**Questions?** Contact Kris Swartzendruber – (989) 672-3870
swartze6@anr.msu.edu

**To Register:** Contact April Gould – (810) 984-5061
PRE-REGISTER no later than Monday, March 2, 2020

*Please join us — your health matters!*

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**Michigan State University Extension** delivers high-quality and affordable programs that promote healthy lifestyles.

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[www.msue.msu.edu](http://www.msue.msu.edu)

**Accommodations for persons with disabilities may be requested by contacting Kris Swartzendruber at 989-672-3870 or swartze6@anr.msu.edu**

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