



Take the Diabetes **PATH** to Better Health



What is Diabetes PATH?

Diabetes PATH is a 6-week workshop designed to provide the skills and tools needed for people living with diabetes to improve their health and manage their symptoms. As a result, people are better equipped to face the daily challenges of living with diabetes.

Living with or caring for someone with diabetes can affect your quality of life. This workshop will give you the support you need to find practical ways to deal with your condition, discover better nutrition, exercise choices and learn ways to talk with your doctor and family about your health.

Testimonial

“The people start to interact and ask questions of each other, giving each other tips on how and where to find answers to their questions. They don’t want the workshop to end!”

A fun, interactive workshop that helps participants improve their health and feel better.

How do You Get on the PATH?

Diabetes PATH will help you to learn how to:

- Manage symptoms
- Communicate effectively with your doctor and other healthcare professionals
- Fight fatigue
- Build your confidence
- Eat healthy
- Monitor blood sugar
- AND...get more out of life!

Participants who complete the program will receive a \$15 gift card!

Workshops are held throughout Oakland, Macomb, Livingston, Washtenaw, Monroe & St. Clair Counties!

See the reverse side for dates and locations close to you!

Fee: Just \$15 for the 6-week program!

Participants will receive the book ‘Living a Healthy Life with Chronic Conditions’

Pre-Registration Required:

Contact: 800-852-7795 or
wellnessprograms@aaa1b.com

Space is limited

Diabetes Path Workshops Class Locations 2016-2017

Location	Street Address	Start Date	Time
<u>OAKLAND COUNTY</u>			
Walled Lake Villa	1035 Walled Lake Villa	10/5/2016	1:00 pm – 3:30pm
Samaritas Affordable Living - RH	2566 Walton Blvd., Rochester Hills	10/10/2016	1:00pm-3:30pm
Waterford Senior Center	3621 Pontiac Lake rd., Waterford	10/11/2016	9:00am – 11:30am
Troy Senior Center	3179 Livernois, Troy	10/12/2016	1:00pm-3:00pm
On the Park	920 John R Rd., Troy	10/19/2016	1:00pm - 3:30pm
Waterford Township Public Library	5168 Civic Center Dr., Waterford	11/8/2016	9:30am – 12:00p
<u>MACOMB COUNTY</u>			
Sterling Heights Senior Center	40200 Utica Rd Sterling Heights	9/22/2016	1:00pm - 3:30pm
Thompson Community Center	11370 Hupp, Warren	10/3/2016	9:30am – 12:00pm
Center Line Park Towers	8033 E. Ten Mile Road, Centerline	10/4/2016	1:00 pm - 3:30 pm
Shelby Senior Center	51670 Van Dyke Ave., Shelby Township	10/13/2016	1:00 pm - 3:30 pm
Center Line Care Center	25373 Van Dyke Centerline	11/2/2016	9:00am -11:30 am
Sterling Heights Senior Center	40200 Utica Rd Sterling Heights	3/2/2017	1:00pm - 3:30pm
<u>WASHTENAW COUNTY</u>			
Sanctuary at St. Joseph's Village	5341 McAuley Dr, Ypsilanti	10/6/2016	1:00 pm - 3:30 pm
Pittsfield Township Senior Center	701 W. Ellsworth Road, Ann Arbor	10/13/2016	9:30 am -12:00pm
Carpenter Place Apartments	3400 Carpenter, Ypsilanti	10/14/2016	1:00 pm - 3:30pm
Ypsilanti Senior Recreation Center	1015 North Congress St, Ypsilanti	11/3/2016	9:30am – 12:00pm
<u>LIVINGSTON COUNTY</u>			
Howell Senior Center	925 W. Grand River Ave., Howell	10/14/2016	1:00 pm - 3:30pm
<u>MONROE COUNTY</u>			
Monroe Center for Healthy Aging	15275 Dixie Highway, Monroe	10/7/2016	9:30am-12:00pm

For additional workshop locations and dates please contact:

800-852-7795 or www.wellnessprograms@aaa1b.com