



Online Diabetes PATH (Personal Action Toward Health)

Thursdays,
2:00 - 4:00 PM on
September 17 and 24;
October 1, 8, 15 and 22

Held LIVE online via Zoom -
*Participants must be able
to fully participate with
video and audio*

Cost: FREE for
Michigan residents

Registration required:

[https://events.anr.msu.edu/
OnlineDiabetesPATHSept17Oct2
22020/](https://events.anr.msu.edu/OnlineDiabetesPATHSept17Oct222020/)

You will receive the Zoom link
and password after registration.

This workshop series is for
Michigan residents and funded
by a generous grant from Lions
Club International.



"The American Diabetes Association identifies this program as meeting the Diabetes Support Initiative criteria for support programming."



Diabetes PATH is a self-management workshop where you learn tools to manage diabetes. Over the course of six weeks, you will learn strategies to help you:

- deal with difficult emotions
- develop a healthy eating and exercise plan
- set goals
- problem solve
- learn about a variety of other tools to manage diabetes

Adults of all ages interested in diabetes and residents of Michigan may attend, including adults with prediabetes, type 2 diabetes, their family members and caregivers.

For more information, or to register over the phone, contact Kris Swartzendruber at 989-245-5903 or e-mail at swartze6@msu.edu.

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