



DIABETES PATH



National Kidney Foundation®
of Michigan

Helping you take charge of your diabetes!

Where:

Lapeer County EMS
3565 Genesee Rd.
Lapeer, MI 48446

When:

Tuesdays at 9:30am-
12pm

Sessions 1-6

May 16 , 23, 30, June 6,
13, & 20

To register:

Call Abbie Mars at
810-600-0633

Free Sessions!
Snacks provided!

Diabetes PATH (Personal Action Toward Health) is designed to provide skills and tools to help people living with type 2 diabetes and their support system live a healthier life. It is a fun, interactive, six week workshop led by certified leaders.

In this workshop YOU will:

- Manage everyday activities by making an action plan
- Avoid complications
- Learn to balance your blood sugar
- Improve your communication skills with your family and your health care provider
- Understand the importance of monitoring your blood sugar
- Manage symptoms and decrease stress
- Improve your overall health and increase your energy!

If you need any kind of accommodation to fully participate in this workshop, please make sure to tell the registration person when you contact them.



NKFM is funded in part by the Federal Older Americans Act and the Michigan Office of Services to the Aging through the Valley Area Agency on Aging through the Office of Services to the Aging.