

Diabetes PATH program

Improving the health and well-being of those living with Type 2 diabetes

Diabetes PATH (Personal Action Toward Health) is a fun, interactive workshop that will equip all adults living with Type 2 diabetes to live a healthier life. Patients and their caregivers will gain hands-on experience learning to manage all aspects of their diabetes from the convenience of their own homes.

Topics include how to:

- Manage everyday activities by making an action plan.
- Improve your overall health and increase your energy.
- Avoid complications.
- Balance your blood sugar.
- Create healthy meal plans.
- Manage symptoms.
- Cope with fatigue and pain.
- Decrease stress.



FREE In-person workshop

Wednesdays
12 p.m. to 2:30 p.m.

**The Commons Corewell Health
Senior Living Farmington Hills**
21300 Archwood Circle
Farmington Hills, MI 48336
(Held in the Apartment Building)

Weekly sessions:
Start date: **Apr. 15**
End date: **May 20**



To register, **scan the QR Code**, call **313.738.1678** or visit **corewellhealth.org/classes-events/southeast**

You do not need a Corewell Health affiliated physician to participate.

