



# Diabetes PATH



2017

## Beaumont

## Helping you take charge of your health!

### Free

### Upcoming workshops below:

#### Southfield Public Library

26300 Evergreen  
Southfield, MI 48076

Tuesdays from 1:00 - 3:30pm  
March 21 - April 25, 2017

**Bonus Session:** May 2, 2017

#### Harper Woods Public Library

19601 Harper Ave  
Harper Woods, MI 48225

Tuesdays from 1:00 - 3:30pm  
April 25 - May 30, 2017

**Bonus Session:** June 1, 2017

#### Taylor Community Library

12303 Pardee Rd  
Taylor, MI 48180

Thursdays from 1:00 - 3:30pm  
May 4 - June 8, 2017

**Bonus Session:** June 15, 2017

### To Register:

Visit [beaumont.org/  
classes-events](http://beaumont.org/classes-events) or call  
313-586-5488

### 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 can:

- 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!

