

Get on the **Diabetes PATH** to Better Health!

Learn how to FEEL BETTER & manage your Diabetes!

HOW DO YOU JOIN?

Call or Stop in Office

When: 6 Session Series:

Mondays, March 7 through April 11

Time: 12:00 PM - 2:30 PM

**Where: William Copeland Center
2306 Fourth St.
Wyandotte, MI 48192**

NEED MORE INFO?

COST: FREE!

**Call or E-mail:
copeland@wyan.org**

734-324-7275

Participants will receive a **free** *Living a Healthy Life with Chronic Conditions* book after completing 4 sessions, a *Relaxation for Mind and Body* CD at Session 6, and light **refreshments!**

PARTICIPANT TESTIMONIAL

"The people start to interact and ask questions...they don't want the workshop to end!"
Alberta

"You don't realize how common the problems you have are; getting together to talk with others is helpful." *Rhett from Marquette*

WHAT WILL YOU LEARN?

Learn how to:

- Eat healthier, plan low-fat meals, and read nutrition labels
- Prevent low blood sugar and other complications
- Deal with stress and learn to relax
- Handle everyday activities more easily

WHAT IS DIABETES PATH?

A fun and **FREE**, interactive workshop that will help you feel better and improve your health!

Diabetes PATH workshops provide the skills and tools needed to improve health and



This PATH workshop is presented by:



www.mihealthyprograms.org