*Personal Action Toward Health (PATH) for Diabetes*

# Michigan State University Extension delivers high-quality and affordable programs that promote healthy lifestyles.

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**Dates: 6 consecutive Thursdays**

 **January 7, 14, 21, 28 & February 4 & 11**

**Time: 9-11:30 a.m.**

**Place: Solon Center Wesleyan Church**

 **15671 Algoma Avenue NE**

 **Cedar Springs, MI 49319**

**Cost: No charge**

**To register, or for questions: Christi Demitz, MSU Extension**

 **616/632-7881**

 **demitzch@anr.msu.edu**

**PATH for Diabetes** is a six week workshop designed to provide skills and tools to help you improve your health and manage your symptoms. As a result, you will be better equipped to face the daily challenges of living with diabetes. Through **PATH for Diabetes** you will learn to:

* Deal with the challenges of not feeling well
* Effectively talk to healthcare providers and family members
* Overcome stress and relax
* Increase your energy
* Handle everyday activities more easily
* Stay independent
* Set goals

Accommodations for persons with disabilities may be requested by contacting Christi Demitz at 616/632-7881 by December 21, 2015, to make arrangements. Requests received after this date will be fulfilled when possible.

***Please join us — your health matters!***

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