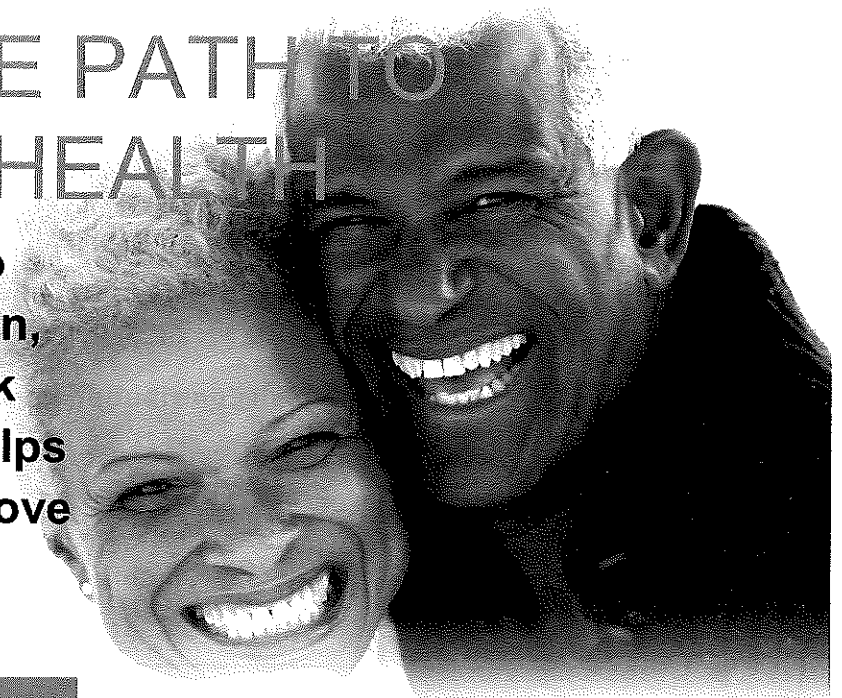


TAKE THE PATH TO BETTER HEALTH

You are invited to participate in a fun, interactive 6-week workshop that helps participants improve their health and feel better



Learn how to manage your Diabetes

Diabetes PATH is a 6-week workshop designed to provide the skills and tools needed for people living with diabetes to improve their health and manage their symptoms. As a result, people are better equipped to face the daily challenges of living with diabetes.

Living with or caring for someone with diabetes can affect your quality of life. This workshop will give you the support you need to find practical ways to deal with your condition, discover better nutrition, exercise choices and learn ways to talk with your doctor and family about your health. PATH Workshops help participants with ongoing health conditions and their caregivers learn how to...

- Manage symptoms
- Communicate effectively with your doctor and other healthcare professionals
- Fight fatigue
- Build your confidence
- Eat healthy
- Monitor blood sugar
- AND...get more out of life!

What people are saying...

"The people start to interact and ask questions of each other, giving each other tips on how and where to find answers to their questions. They don't want the workshop to end!"

Programs are made available in whole or part with funding from the Federal Older Americans Act and Michigan Department of Health and Human Services/Aging and Adult Services Agency through the Area Agency on Aging 1-B.

Carpenter Place Apartments

3400 Carpenter
Ypsilanti, MI 48197

Dates:

Wednesdays

8/21/2019 – 9/25/2019

Workshop is held for 6 consecutive weeks

1:00 PM – 3:30 PM

No Cost; Donations accepted

Participants will receive the book
"Living a Healthy Life with Chronic Conditions"

Refreshments will be provided
Space is limited to 16 people per workshop

Pre-Registration Required

To register call (833) 262-2200 or email
wellnessprograms@aaa1b.com



Advocacy • Action • Answers on Aging



Contribution Request Form
Diabetes Personal Action Towards Health
Carpenter Place Apartments
8/21/2019 – 9/25/2019

Cost: No Cost; Donations Accepted
Call to Register

Mail Contribution Request Form To:

Area Agency on Aging 1-B
Attn: Finance
29100 Northwestern Hwy, Suite 400
Southfield, MI 48034

Participant Name: _____

Full Address: _____
Street City State Zip

Phone Number: _____

Email Address: _____

How did you hear about us? _____

Total Amount Enclosed: \$ _____

Enclosed is my check payable to AAA1B

I prefer to pay by credit card

Please provide your credit card information below:

Charge to:

MasterCard

VISA

Account #: _____

Verification Code: _____

Exp. Date: _____

Name as it appears on card: _____

Signature: _____