

DIABETES PATH – VIRTUAL CLASSES

(PERSONAL ACTION TOWARD HEALTH)



Helping you take charge of your diabetes

Diabetes PATH is a fun, six-week workshop designed to provide skills and tools to help people living with Type 2 diabetes and their support persons live a healthier life.

Led by certified instructors, this online session will help participants and their caregivers learn to manage all aspects of their diabetes, from the convenience of their own homes.

Completion of this workshop will equip participants to:

- manage everyday activities by making an action plan
- avoid complications
- learn to balance blood sugar
- create healthy meal plans
- manage symptoms and decrease stress
- cope with fatigue and pain
- improve communication with family members and health care providers
- improve overall health and increase energy



National Kidney Foundation®
of Michigan



SIX-WEEK VIRTUAL WORKSHOPS AVAILABLE

| DAY | SIX-WEEK COURSE | TIME |
|------------|---------------------------------------------------------------------------------------------------------------------------------------|-----------------|
| Mondays | Jan. 25: Informational session (<i>strongly encouraged</i>) Weekly sessions: Feb. 1, 8, 15, 22; March 1, 8 | 6–8 p.m. |
| Wednesdays | Feb. 3: Informational session (<i>strongly encouraged</i>) Weekly sessions: Feb. 10, 17, 24; March 3, 10, 17 | 6–8 p.m. |
| Thursdays | Feb. 18: Informational session (<i>strongly encouraged</i>) Weekly sessions: Feb. 25; March 4, 11, 18, 25; April 1 | 10 a.m. to noon |
| Tuesdays | March 9: Informational session (<i>strongly encouraged</i>) Weekly sessions: March 16, 23, 30; April 6, 13, 20 | 1–3 p.m. |
| Thursdays | April 8: Informational session (<i>strongly encouraged</i>) Weekly sessions: April 15, 22, 29; May 6, 13, 20 | 1–3 p.m. |
| Mondays | April 12: Informational session (<i>strongly encouraged</i>) Weekly sessions: April 19, 26; May 3, 10, 17, 24 | 6–8 p.m. |



TO REGISTER FOR ONE OF THESE WORKSHOPS,
Please call **800-633-7377** or visit classes.beaumont.org