

Diabetes - PATH

Helping you take charge of your health

This fun, interactive, six week workshop is designed to provide skills and tools to help people living with Type 2 diabetes and their support system live a healthier life.

In this workshop you can learn to:

- ◆ Manage and reduce complications
- ◆ Learn to balance your blood sugar
- ◆ Improve your communication skills
- ◆ Understand monitoring your blood sugar
- ◆ Manage symptoms and decrease stress
- ◆ Improve your overall health and increase your energy

WHERE: Ascension Medical Center
1225 S. Latson Road
Howell, MI

WHEN: Thursdays, March 7-April 11, 2019
12:30 — 3:00 p.m.
Program is FREE!

For registration, visit
healthcare.ascension.org/events
For more information, call 1-248-849-2185



Ascension

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