



# NEED HELP MANAGING DIABETES?

## Attend a free 6-week workshop

Diabetes PATH (Personal Action Toward Health) is an interactive workshop designed to help individuals with diabetes or pre-diabetes improve their health and feel better. Caregivers are welcome to attend.

## Get on the PATH to better health!

Learn how to:

- Eat healthy
- Create balanced meal plans
- Decrease stress
- Get physically active
- Balance your blood sugar
- Improve communication skills
- Problem solve and make decisions
- Deal with difficult emotions
- Prevent complications
- Action plan
- Improve your overall health, increase your energy, and more!



### UPCOMING WORKSHOP

**Eaton Rapids Medical Center**  
**1500 S. Mian St. – Eaton Rapids**  
**Meet in the Main Conference Room**  
**Tuesdays, July 7 – August 11, 2026**  
**1:00 – 3:30 pm**

Workshop is free of charge, but donations accepted.

**To register, call Tri-County Office on Aging at 517-887-1465 or email**  
**[histedc@tcoa.org](mailto:histedc@tcoa.org)**



For a full schedule visit: <https://www.tcoa.org/classes/evidence-based-programs/>

Workshops made available in whole or part with funding from the Federal Older Americans Act and MDHHS/Bureau of Aging, Community Living, and Supports through the TCOA.