



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 WORKSHOPS

Grand Ledge Area District Library
131 E. Jefferson St. – Grand Ledge
Thurs. Oct. 1 – Nov. 5, 2026
1:00 – 3:30 pm



Holt Farmers' Market
2150 Cedar St. – Holt
Tues., Nov. 10 – Dec. 15, 2026
9:30 am – 12 noon



Lett's Community Center
1220 W. Kalamazoo St. – Lansing
Mon. Nov. 16 – Dec. 21, 2026
1:00 – 2:00 pm (in-person Tool Kit)



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

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.