

Diabetes PATH Program

Improving the health and well-being of those living with Type 2 diabetes



Diabetes PATH (Personal Action Toward Health) is a fun, interactive workshop that will equip all adults living with Type 2 diabetes to live a healthier life. Patients and their caregivers will gain hands-on experience learning to manage all aspects of their diabetes from the convenience of their own homes.

Topics discussed during this educational series include:

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

FREE
6-WEEK
VIRTUAL
WORKSHOP

It has been proven in studies to reduce symptoms and physician visits as well as increase self-management abilities and communication with doctors.

These PATH virtual sessions allow you to participate online in the safety and convenience of your own home.

SIX-WEEK VIRTUAL WORKSHOPS AVAILABLE



DAY	SIX-WEEK COURSE	TIME
Monday	Aug. 15: Informational session (<i>strongly encouraged</i>) Weekly sessions begin: Aug. 22	1–3 p.m.
Thursday	Sept. 8: Informational session (<i>strongly encouraged</i>) Weekly sessions begin: Sept. 15	6–8 p.m.
Tuesday	Sept. 13: Informational session (<i>strongly encouraged</i>) Weekly sessions begin: Sept. 20	1–3 p.m.
Wednesday	Oct. 5: Informational session (<i>strongly encouraged</i>) Weekly sessions begin: Oct. 12	6–8 p.m.

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TO REGISTER FOR ONE OF THESE VIRTUAL WORKSHOPS call **800-633-7377** or visit classes.beaumont.org. For more diabetes services, visit beaumont.org/diabetes

