Diabetes Personal Action Toward Health (PATH)

Thursdays: June 16–July 14, 2016
1:00 p.m. – 3:30 p.m.

Western Campus
9555 Haggerty Road, Belleville, MI 48111

Diabetes PATH is a six-week workshop designed to benefit adults with Type 2 diabetes, pre-diabetes and their caregivers. The goal of the workshop is to empower individuals to become active self-managers of their health. Class participants will learn skills and tools to reduce symptoms of chronic conditions.

Participants attending this seminar will:
• Learn about topics including meal planning and healthy eating, stress management, physical activity, and how to work with health care providers
• Learn how to achieve good blood glucose levels and decrease complications
• Practice action planning and problem solving skills

Register today! Limited spaces available!

REGISTRATION FORM

PLEASE PRINT CLEARLY

NAME ________________________________________________________________________________________________________________
LAST                                                                            FIRST                                                                                    STUDENT A#
ADDRESS ____________________________________________________________________________________________________________
NUMBER                                                                     STREET                                                                                APT.
____________________________________________________________________________________________________________
CITY                                                                             STATE                                                                                   ZIP
PHONE ____________________________________________________ARE YOU A WAYNE COUNTY RESIDENT? ☐ YES ☐ NO

Mail to: Wayne County Community College District, ATTN: School of Continuing Education, Diabetes PATH
801 W. Fort Street, Detroit, MI 48226 Fax to 313-964-1487 or call 313-496-2704