

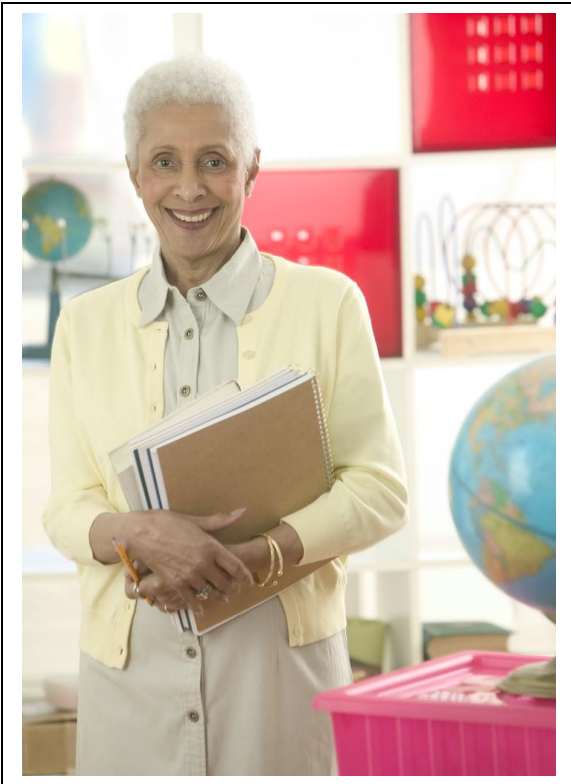
Diabetes PATH Leader Training

What is PATH ?

Diabetes PATH (Personal Action Toward Health) is a 6-week workshop that teaches practical skills for living a healthy life with Diabetes. The workshop focuses on self-care, learning new coping strategies, and sharing personal experiences with other group members. As a **Diabetes PATH** Leader you will provide participants with the beliefs and skills they need to manage their Diabetes and live healthier lives.

How much time will it take?

The four-day training is a one-time commitment. After this, we ask volunteer leaders to facilitate at least one, six-week workshop a year.



*Be a guide for others on the **PATH** to better health
Become a Workshop Leader for **PATH***

What's In It For You?

- Experience the deep satisfaction of changing lives with a proven effective program.
- Receive specialized training and easy-to-use instructional materials.
- Learn new skills and gain valuable experience in health self-management programs.
- Make a tremendous difference in the lives of people you serve.

How do You Get on the PATH?

WHERE: Campus for Creative Aging
2920 Lakeview Ave.
St. Joseph, MI 49085

WHEN: Tuesdays/Wednesday 9:30am-4:30pm
November 12th, 13th and 19th, 20th

TO REGISTER CALL OR EMAIL:

Julie Schwarz at (269)982-7759 Or
julieschwarz@areaagencyonaging.org

COST: FREE for our volunteer Leaders

