Bay County Division on Aging
in cooperation with
Bay County Health Department

Diabetes Path (D– Path) Workshop
(Personal Action Towards Health)
New Year, New You

Announcing: Winter Diabetes Path Workshop—Aging Well Series
Save the Dates: Currently taking names for this free 6 week program concentrating on Diabetes and tips on how to manage towards a healthier you.

D-Path is a workshop for adults with Diabetes, their families, friends or caregivers. Take this opportunity to enhance your wellness plan with tips and techniques that will explore how you can live a productive life with this disease. It doesn't matter how long you have been diagnosed with Diabetes or how well or poorly you think you are doing, this is a great refresher. Space is limited, so reserve your space in advance. Don't miss out on this healthy opportunity.

Certified PATH Leaders, Tracy and Eric from the Bay County Health Department and Division on Aging will be the facilitators.

We are proud to present this life style changing opportunity to our Bay County Residents. Be prepared for the results you will achieve when you participate.

Location: Rainbow Activity Center at the Canteen
800 Livingston Avenue, Bay City

Dates:
Tuesday's, February 2—March 8, 2016

Times:
9:00 a.m.—11:30 a.m.
Immediately Following—Salad or Sandwich choice available for a suggested donation of
$2.50, age 60 plus; $4.75, under 60

For more information or to reserve your spot for this workshop call (989) 895-4100 or toll free 1-877-229-9960 or visit our webpage at www.baycounty –mi.gov/aging/