



Michigan State University Extension

For Immediate Release

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MSU Extension offers six-week diabetes workshop

In partnership with Area Agency on Aging 1-B, MSU Extension is offering Diabetes PATH to Better Health Workshop. Diabetes PATH (Personal Action Toward Health) is a six-week workshop designed to provide the skills and tools needed for people living with diabetes to improve their health and manage their symptoms.

As a result, people are better equipped to face the daily challenges of living with diabetes. Attendees will find practical ways to deal with diabetes, discover better nutrition, exercise choices and learn ways to talk with your doctor and family about your health.

The program will be held every Friday for six consecutive weeks from 10 a.m. to 12:30 p.m. starting May 5 through June 9 at the Thompson Family Resource Center, 11370 Hupp Avenue, Warren. The cost for the entire workshop is \$25, and participants will receive the book *Living a Healthy Life with Chronic Conditions*. Advance registration is required; space is limited to 16. To register, or for more information, call (800) 852-7795 or wellnessprograms@aaa1b.com.

Michigan State University Extension (MSUE) brings educational programs to residents, empowering them to improve their lives and community. County-based MSUE staff, in concert with on-campus faculty members, serve residents with programming focused on agriculture, natural resources, children, youth, families, community and economic development.

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