



Be a Leader on the  
**PATH**  
to a healthier lifestyle

*PATH — Personal Action Towards Health*

## 2015 Diabetes PATH Leader Training\*

*Learn how to facilitate the Diabetes PATH Self-Management Program, a six-week course for individuals with Diabetes. This International Evidence-Based, Disease Prevention Program was developed by Stanford University with research studies determining that individuals can effectively learn to manage their diabetes and live a healthier lifestyle.*

### Training Topics Include:

- Managing symptoms
- Formula for a healthy eating plan
- Dealing with anger, fear, pain, frustration and depression
- Preventing low blood sugar
- Preventing or delaying complications
- Relaxation and stress management techniques



### Northern Lower MI Diabetes PATH Leader Trainings\*

- Diabetes PATH Leader Cross-Training Mar. 24-25 Alpena
- Diabetes PATH Leader Training Apr. 15, 16, 22 & 23 Gaylord
- Diabetes PATH Leader Training May 11, 12, 18 & 19 Traverse City
- Diabetes PATH Leader Cross—Training Jun 8 & 9 Traverse City

*\*Cross training for current PATH leaders only.*

*\*All dates in each offered training must be attended*

### To Register, Contact

Kara LaMarre at 800-219-2273,  
Ext. 216 [lamarrek@nemcsa.org](mailto:lamarrek@nemcsa.org)

OR

Darcia Brewer at 800-442-1713  
Ext 206 [brewerd@aanm.org](mailto:brewerd@aanm.org)



This training is sponsored by the Area Agency on Aging of Northwest MI, Region 9 Area Agency on Aging and the Northeast Michigan Community Service Agency through grant funding provided by the Administration on Aging and MI Office of Services to the Aging.

**Region 9  
Area Agency  
on Aging**