

DIABETES PATH – VIRTUAL CLASSES

(PERSONAL ACTION TOWARD HEALTH)



Helping you take charge of your diabetes

Diabetes PATH is a fun, six-week workshop designed to provide skills and tools to help people living with Type 2 diabetes and their support persons live a healthier life.

Led by certified leaders, this online session will help participants and their caregivers learn to manage all aspects of their diabetes, from the convenience of their own homes.

Completion of this workshop will equip participants to:

- manage everyday activities by making an action plan
- avoid complications
- learn to balance blood sugar
- create healthy meal plans
- manage symptoms and decrease stress
- cope with fatigue and pain
- improve communication with family members and health care providers
- improve overall health and increase energy



SIX-WEEK VIRTUAL WORKSHOPS AVAILABLE

DAY	SIX-WEEK COURSE	TIME
Mondays	June 22: Informational session (<i>strongly encouraged</i>) Weekly sessions: June 29, July 6, 13, 20, 27, Aug. 3	10 a.m. to noon
Tuesdays	Aug. 25: Informational session (<i>strongly encouraged</i>) Weekly sessions: Sept. 1, 8, 15, 22, 29; Oct. 6	6–8 p.m.
Wednesdays	Sept. 9: Informational session (<i>strongly encouraged</i>) Weekly sessions: Sept. 16, 23, 30; Oct. 7, 14, 21	1–3 p.m.
Thursdays	Oct. 1: Informational session (<i>strongly encouraged</i>) Weekly sessions: Oct. 8, 15, 22, 29; Nov. 5, 12	6–8 p.m.
Mondays	Nov. 2: Informational session (<i>strongly encouraged</i>) Weekly sessions: Nov. 9, 16, 23, 30; December 7, 14	10 a.m. to noon



TO REGISTER FOR ONE OF THESE WORKSHOPS,
Please call **800-633-7377** or visit **classes.beaumont.org**