



Health & Wellness

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

Diabetes Path (D- Path) Workshop (Personal Action Towards Health)

Announcing: Summer 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, Liz and Tracy from the Bay County Health Department will instruct the workshop.

A choice of either a salad or sandwich will be offered to enhance your personal wellness for a suggested donation of \$2.50 (60 yrs and better). Pre ordering opportunities will be available at class for the next class.

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

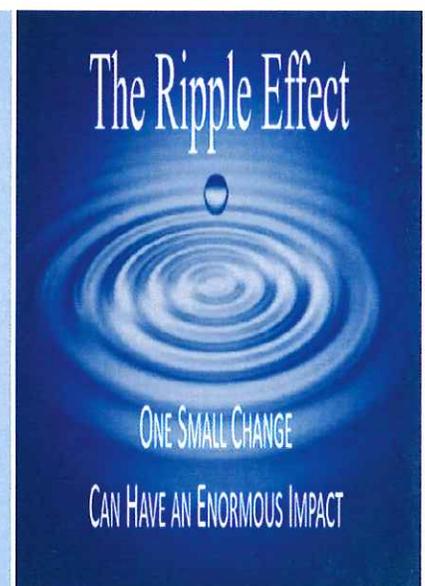
Dates:

Wednesday's August 17—September 21, 2016

Times:

1:00 - 3:30 p.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/