



Diabetes Prevention Programs

**Two diabetes education
classes offered by**



Diabetes PATH (Personal Action Toward Health)

Diabetes PATH (Personal Action Toward Health) is a 6 week workshop that provides strategies and tools that can be used by people to help them manage their diabetes. This program is open to family members and caregivers and is free, but registration is required.

Tuesday, January 7 - February 11
10:00 am-12:30 pm
Parks & Recreation Building,
26000 Evergreen Road

Diabetes Prevention Program (DPP)

The Diabetes Prevention Program (DPP) is a lifestyle change program for people who have prediabetes or are at risk for type 2 diabetes. The program begins with 16 weekly sessions, followed by 2 months of meeting twice a month and finishing up with 6 monthly support sessions and focuses on long term changes and lasting results.

Thursday, January 9 - December 10
10:00-11:00 am
Parks & Recreation Building,
26000 Evergreen

Free Admission - Registration Required
To register, visit
www.healthcare.ascension.org/event.

Please call (248) 849-5752 for more information.



Individuals with special needs who plan to attend this program should contact Senior Services at 248-796-4650 if auxiliary aids or services are needed. Reasonable advanced notice is required.