



Diabetes PATH Leader Training

Learn to help others manage diabetes

Diabetes PATH (Personal Action Towards Health) is a 6-week workshop that helps people with diabetes, pre-diabetes, or a caregiver of someone with diabetes, learn skills to help manage their condition, and improve their quality of life. Topics include healthy eating, physical activity, monitoring blood sugar, managing emotions, action planning, and much more.

Become a Diabetes PATH Leader!!

A Diabetes PATH leader should meet the following qualifications:

- Possesses good listening and interpersonal skills
- Is enthusiastic and dependable
- Is a role model for healthy behaviors and is non-judgmental
- Has some experience with and is comfortable speaking in front of a group
- Ideally has life experience with diabetes, but it is not required
- No prior teaching experience or healthcare education is required, but it is a plus
- Fluent in English but bilingual in Spanish is a plus

Things to know:

- You must attend all four days of the training
- Lunch and all materials are included
- Registration fee is \$115 per person. **Tri-County Office on Aging will cover this fee for volunteers.** For individuals facilitating the workshop as part of their work, we ask your organization to cover the registration fee.

Diabetes PATH Leader Training Dates

Thurs., March 16, 2023	8:30 am – 4:00 pm
Friday, March 17, 2023	8:30 am – 4:00 pm
Thurs., March 23, 2023	8:30 am – 4:00 pm
Friday, March 24, 2023	8:30 am – 4:00 pm

Training location: Tri-County Office on Aging
5303 S. Cedar St. Building #1
Lansing, MI 48911
Community Room A

Registration Deadline: Friday, March 3, 2023

To request an application or for more information contact:

Christine T. Histed at 517-887-1450 or histedc@tcoa.org

