



FREE- DIABETES PATH WORKSHOP AT HARBOR TOWERS IN MANISITQUE

**THURSDAYS, JANUARY 10TH – FEB 14TH
1:00PM-3:30PM**

**DO YOU HAVE DIABETES OR CARE FOR SOMEONE LIVING
WITH DIABETES? WHETHER DIABETES IS NEW TO YOU OR
YOU'VE HAD IT FOR A WHILE, THIS PROGRAM HELPS
PEOPLE MAKE POSITIVE CHANGES AND IMPROVES LIFE!**

Brought to you by:

Schoolcraft Memorial Hospital with support from UPCAP

TOPICS INCLUDE:

- *Managing fatigue, pain, high or low blood sugar
- *Planning healthy meals and snacks, label reading
- *Medications
- *Physical Activity
- *Managing stress
- *Foot care
- *Working with Healthcare providers
- *And MUCH MORE!!!

Register Today!

CALL SMH REHAB
SERVICES

906-341-3254
