



Diabetes PATH Leader Training

Learn to help others and yourself in managing diabetes

Diabetes PATH (Personal Action Towards Health) is a 6-week workshop that helps people with diabetes, or a caregiver of someone with diabetes, learn skills to help manage their condition and improve their quality of life.

Become a Diabetes PATH Leader!!

We are looking for enthusiastic people to lead workshops in Ingham, Clinton, or Eaton County.

A PATH leader should meet the following qualifications:

- Is a role model for healthy behaviors
- Possesses good listening skills, is non-judgmental, and dependable
- Has life experience with diabetes or is a caregiver to someone with diabetes
- Has some experience with, and is comfortable speaking in front of groups
- Can follow a scripted manual while connecting with participants
- No prior teaching experience or healthcare education is required, but it is a plus

Things to know:

- You must attend all four days of the training
- Snacks, lunch, and all materials are included
- Registration fee is \$85 per person. For individuals facilitating the workshop as part of their work, we ask your organization to cover the \$85 registration fee. Tri-County Office on Aging will cover this fee for volunteers.

Diabetes PATH Leader Training Dates:

Thurs., March 21, 2019	8:30 am – 4:00 pm
Fri., March 22, 2019	8:30 am – 4:00 pm
Wed., March 27, 2019	8:30 am – 4:00 pm
Thurs., March 28, 2019	8:30 am – 4:00 pm

Training location: MSU Extension Conference Room
1715 Lansing Ave. Suite 257
Jackson, MI 49202

Registration Deadline: Friday, March 8, 2019

To request an application or for more information contact:
Christine T. Histed at 517-887-1450 or histedc@tcoa.org

