

Branch-Hillsdale-St. Joseph Community Health Agency

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FOR IMMEDIATE RELEASE

Community Health Agency to Teach Diabetes PATH Classes

Coldwater, MI. The Branch-Hillsdale-St. Joseph Community Health Agency and the Area Agency on Aging will be hosting two, six-week Diabetes PATH Classes:

**Every Monday for St. Joseph County residents,
beginning March 16th from 10:00 a.m.-12:00 p.m.**

1110 Hill St. Three Rivers, MI 49093

and

**Every Tuesday for Branch County residents,
beginning March 17th from 1:00-3:00 pm**

570 N. Marshall Rd. Coldwater, MI 49036

These PATH classes are **FREE!** The classes are geared towards Senior Citizens who are living with Diabetes, but **any adult of any age** may attend. During the six week courses, participants will learn about:

- Techniques for dealing with the symptoms of diabetes, pain and fatigue, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration,
- Appropriate exercise for maintaining and improving strength and endurance,
- Healthy eating,
- Appropriate use of medication,

- Working more effectively with health care providers,
- And so much more, including building a new network of peer supporters.

Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program.

If you have diabetes, if you have been told you have prediabetes or if you just want to learn how to maintain your weight, these classes are for you! According to Steve Todd, Health Officer for the tri-county agency, “About one out of 10 adults living in the tri-county area has been diagnosed with diabetes and the CDC estimates that one out of every three adults has prediabetes.” Prediabetes is a condition where people have higher than normal blood glucose levels, but not yet high enough to be diagnosed with diabetes. Prediabetes, a serious health condition, increases a person’s risk for developing type 2 diabetes, heart disease, and stroke.

Mr. Todd adds “Through the PATH program, we will give you the tools to manage chronic disease conditions so that you do not progress to the next stage but rather get on the path to good health.” PATH (Personal Action Toward Health) is a chronic disease self-management program, developed by Stanford University, that helps participants develop the skills they need for the day-to-day management of a chronic disease. PATH is a six-week workshop and covers topics including healthy eating, relaxation techniques, problem solving and communication skills. Our instructors are certified and are ready to help you get on the right path!

If you have questions about this **FREE** health program and would like to reserve a spot, please contact the Area Agency on Aging at 517-279-9561 ext. 0130# as soon as possible – space is limited!

Branch County
570 N. Marshall Rd.
Coldwater, MI 49036
(517) 279-9561

Hillsdale County
20 Care Drive
Hillsdale, MI 49242
(517) 437-7395
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Three Rivers
1110 Hill St.
Three Rivers, MI 49093
(269) 273-2161