



Become a Diabetes PATH Leader

Learn to Help Others and Yourself
in managing Diabetes and other health conditions

Diabetes PATH (Personal Action Towards Health) is a class that helps people with a diabetes, pre-diabetes or people living with a person with diabetes learn skills to help better manage diabetes and related health conditions

What can you do to help others and yourself?

Become a DIABETES PATH Leader!!

We are looking for people who are motivated to help themselves and to assist others to manage Diabetes and related health conditions;

A PATH Leader should meet the following qualifications:

- Is a role model for healthy behaviors
- Possesses good listening skills, is non-judgmental
- Has diabetes, pre-diabetes or is associated with someone with diabetes
- Has some experience with and is comfortable speaking in front of groups
- Is able to follow a scripted manual and write on a white board or flip chart
- You do not have to be a healthcare professional
- No prior teaching experience is necessary
- You must be able to attend **all four days** of the training
- Lunch, water and snacks will be provided
- There is no fee for the training but each trainee is expected to co-facilitate one Diabetes PATH workshop in the following six months

Diabetes PATH Leader Training Dates:

Mon., January 25, 2016	9:00 am – 5:00 pm
Tues., January 26, 2016	9:00am – 5:00pm
Mon.; February 1, 2016	9:00am – 5:00pm
Tues.; February 2, 2016	9:00am – 5:00pm

Training at: **Valley Area Agency on Aging**
225 E Fifth Street Suite 200
Flint, MI 48502

Registration Deadline: January 18, 2016

To request an application or for more information contact:
Abbie Mars, 810-600-0633 or marsa@valleyaaa.org