

Great at Any Age

Falls Prevention and Diabetes Programs



Diabetes PATH

Personal Action Toward Health

Stanford University's Chronic Disease Self Management Program

Diabetes PATH is a six-week workshop designed especially for people with Type 2 diabetes.

Participants will learn:

- Techniques to deal with symptoms
- Meal planning and healthy eating
- Appropriate use of medication
- How to work with health care providers

People who take the workshop say they have more energy and less pain, get more exercise, feel more comfortable talking to their doctors, and are more confident that they can manage their health.

A Matter of Balance

Managing Concerns About Falls

Based on a program created by Boston University

This award-winning program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls.

97% of participants who have used the program would recommend A Matter of Balance to others.

Participants will learn how to:

- View falls as controllable
- Set realistic goals for increasing activity
- Reduce fall risks in their environment
- Increase balance with exercise

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