

Take the **PATH** to Better Health



What is PATH?

PATH is designed to provide the skills and tools needed by people living with chronic health conditions to improve their health and manage their symptoms. As a result, people are better equipped to face the daily challenges of living with a chronic condition. Two trained leaders conduct the workshop (one or both may have a lifelong health condition).

Testimonial

"The people start to interact and ask questions of each other, giving each other tips on how and where to find answers to their questions. They don't want the workshop to end!" *Alberta, Participant*

*A fun, **FREE**, interactive workshop that helps participants improve their health and feel better.*

What's In It For You?

Learn how to:

- Talk to healthcare workers and family members
- Overcome stress and relax
- Increase your energy
- Handle everyday activities more easily
- Stay Independent

Receive a free book, relaxation CD, and refreshments!

How do You Get on the PATH?

SPACE IS LIMITED – PLEASE REGISTER IN ADVANCE

April 7, 14, 21, & 28 and May 5 & 12th

10:00-1:00pm

(Lunch from 11:30-12:00)

36525 Bibbins

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Michigan Partners on the
PATH
www.MIpath.org

