

# Take the **PATH** to Better Health



**The Senior Alliance will offer a**

**FREE FREE FREE**

**training in**

**PATH**

**November 1<sup>st</sup>, 3<sup>rd</sup>, 8<sup>th</sup>, and 10<sup>th</sup>**

**at**

**The Senior Alliance Offices**

**3850 Second Street, Suite 201**

**Wayne, MI 48184**

**from**

**9:00a.m. - 4:00p.m.**

**Call (734) 727-2060 in advance to get an**

**application.**

*PATH is a workshop given two and a half hours, once a week, for six weeks, in community settings such as senior centers, churches, libraries and hospitals. People with different chronic health problems attend together. Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals with a chronic disease themselves.*

*LEARN:*

*Techniques to deal with problems such as, frustration, fatigue, pain and isolation.*

*Appropriate exercise for maintaining and improving strength, flexibility, and endurance.*

*Appropriate use of medications.*

*Communicating effectively with family, friends, and health professionals, and so much more!*

Michigan Partners on the

**PATH**

**[www.Mlpath.org](http://www.Mlpath.org)**

