

Take the PATH to Better Health



What is PATH?

PATH is a 6 week workshop designed to provide the skills and tools needed by people living with ongoing health problems to improve their health and manage their symptoms.

As a result, people feel better and are better equipped to face the daily challenges of living with a chronic 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!” *Albertra, Participant*

What’s in it for you?

Learn how to:

- Deal with the challenges of not feeling well
- Talk to healthcare workers and family members
- Overcome stress and relax
- Increase your energy
- Handle everyday activities more easily
- Stay independent

Sponsored by:



Fridays
January 13-February 17, 2012

9:00-11:30 a.m.

UM-Flint Recreation Center
FREE!

Register by calling 810-762-3441 or
stop in the Recreation Center
Business Office.

Michigan Partners on the PATH
www.MIpath.org

