

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, interactive workshop that helps participants improve their health and feel better.

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

How do You Get on the PATH?

Classes are Free!

They occur as a six week series of sessions. Classes are held once a week for 2.5 hours each session. Light refreshments will be served.

Workshop will be held at:

Eton Senior Recreation Center
4900 Pardee Ave, Dearborn Heights, MI 48125

2016 Dates

Thursdays: November 3, 10, 17
December 8, 15, 22

Time: 12:30pm-3:00pm

Call Eton office if interested at
313.277.7765



Michigan Partners on the
PATH
www.Mlpath.org

