



# 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 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!”

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

## PATH will help you to 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?

**Workshops are held throughout Oakland, Macomb, Livingston, Washtenaw, Monroe & St. Clair Counties!**

*See the reverse side for dates and locations close to you!*

Fee: Just \$15 (suggested donation)!

Participants will receive the book ‘Living a Healthy Life with Chronic Conditions’

### **Pre-Registration Required:**

**Contact: 800-852-7795 or**  
wellnessprograms@aaa1b.com

*Space is limited*

**Path Workshops Class Locations  
2016-2017**

<b>Location</b>	<b>Street Address</b>	<b>Start Date</b>	<b>Time</b>	<b>Type</b>
<b><u>OAKLAND COUNTY</u></b>				
Waterford Senior Center	3621 Pontiac Lake Rd., Waterford	3/2/2017	1:00pm -3:30pm	PATH
Troy Senior Center	3179 Livernois, Troy	4/26/2017	1:00pm – 3:30pm	DPATH
<b><u>MACOMB COUNTY</u></b>				
Sterling Heights Senior Center	40200 Utica Rd Sterling Heights	3/2/2017	1:00pm - 3:30pm	DPATH
<b><u>WASHTENAW COUNTY</u></b>				
Ypsilanti Recreation Senior Center	1015 North Congress St., Ypsilanti	1/19/2017	9:30am-12:00pm	PATH
<b><u>LIVINGSTON COUNTY</u></b>				
St Mary Magdalen Catholic Church	2201 S. Old US 23, Brighton	4/25/2017	1:00pm-3:30pm	PATH

**PATH** – Chronic Disease Self Management Program

**DPATH** – Diabetes Self Management Program

**CPPATH** – Chronic Pain Self Management Program

**CTS** – Cancer Thriving & Surviving Self- Management Program

For additional workshop locations and dates please contact:

800-852-7795 or [www.wellnessprograms@aaal1b.com](mailto:www.wellnessprograms@aaal1b.com)