



# TAKE THE PATH TO BETTER HEALTH

You are invited to participate in a fun, interactive 6-week workshop that helps participants improve their health and feel better



## Take the **PATH** to Better Health

Arthritis ~ Hypertension ~ Diabetes ~ Heart Disease ~ Stroke ~ Pain ~ Any Chronic Condition

PATH is a 6-week workshop designed to provide the skills and tools needed to improve your health and manage symptoms.

Most people who take the class say they are better equipped to face the daily challenges of living with the chronic disease. This PATH workshop helps you and/or your caregiver learn how to ...

- Better manage your chronic condition
- 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
- Make informed treatment decisions
- Use nutrition and exercise to feel better

PATH – Chronic Disease Self-Management Program  
DPATH – Diabetes Self-Management Program  
PAIN – Chronic Pain Self-Management Program  
CTS – Cancer Thriving & Surviving Self-Management Program

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

Participants will receive the book “Living a Healthy Life with Chronic Conditions”

**Pre-Registration Required.**

**To register call or contact 1.800.852.7795 or [wellnessprogram@aaa1b.com](mailto:wellnessprogram@aaa1b.com)**

No Cost / Donations Accepted

*Space is limited*

**Area  
Agency on  
Aging 1-B**  
*Advocacy • Action • Answers on Aging*



# PATH Workshops Class Locations

Location	Street Address	Start Date	Time	Type
<b><u>OAKLAND COUNTY</u></b>				
North Oakland Family YMCA	3378 E. Walton Blvd., Auburn Hills	8/9/2017	1:00 pm – 3:30 pm	DPATH
Troy Public Library	510 W. Big Beaver, Troy	8/10/2017	1:00pm - 3:30pm	DPATH
McLaren Cancer Institute	5680 Bow Pointe, Dr, Southfield	8/11/2017	1:00pm – 3:30pm	CTS
Birmingham Family YMCA	400 E Lincoln St. Birmingham	8/14/2017	10:00 am – 12:30pm	DPATH
American Cancer Society	20450 Civic Center Dr. Southfield	8/21/2017	1:00 PM – 3:30 PM	CTS
South Oakland Family YMCA	1016 W. Eleven Mile, Royal Oak	8/24/2017	1:00pm – 3:30pm	DPATH
Independence Senior Center	6000 Clarkston Road, Clarkston	9/19/2017	1:00 PM – 3:30 PM	PATH
<b><u>MACOMB COUNTY</u></b>				
Lakeshore Family YMCA	23401 East Jefferson, St. Clair Shores	8/24/2017	1:00pm – 3:30 pm	DPATH
Village of Peace Manor	17275 Fifteen Mile Road, Clinton Twp	10/2/2017	1:00 pm – 3:30pm	PAIN
Sterling Heights Senior Center	40200 Utica Rd Sterling Heights	10/18/2017	1:00pm – 3:30pm	CTS
<b><u>WASHTENAW COUNTY</u></b>				
Lincoln Golden Ages	8970 Whittaker Rd., Ypsilanti	9/20/2017	12:30 pm – 3:00 pm	DPATH
<b><u>LIVINGSTON COUNTY</u></b>				
Salem-South Lyon District	9800 Pontiac Trail., South Lyon	10/24/2017	10:00 am – 12:30 pm	DPATH

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For additional workshop locations and dates please contact:  
 800-852-7795 (press1) or [www.wellnessprograms@aaa1b.com](mailto:www.wellnessprograms@aaa1b.com)