



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 \$25 (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 2017

Location	Street Address	Start Date	Time	Type
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OAKLAND COUNTY

Auburn Hills Community Center	1827 N. Squirrel Road, Auburn Hills	5/1/2017	1:00pm – 3:30pm	PATH
Hunter Community Center	509 Fisher Court, Clawson	5/17/2017	6:00pm – 8:30pm	DPATH
Hazelcrest Place	100 Hazelcrest, Hazel Park	5/23/2017	10:00am – 12:30pm	PATH
Troy Public Library	510 W. Big Beaver, Troy	8/10/2017	1:00pm - 3:30pm	DPATH

MACOMB COUNTY

Thompson Community Center	11370 Hupp, Warren	5/5/2017	10:00am – 12:30pm	DPATH
Shelby Township Senior Center	51670 Van Dyke, Shelby Township	6/1/2017	1:00pm – 3:30pm	PATH
Warren Community Center	5460 Arden Ave, Warren	6/8/2017	10:00am – 12:30pm	DPATH
Sterling Heights Senior Center	40200 Utica Rd, Sterling Heights	6/12/2017	1:00pm – 3:30pm	PAIN

WASHTENAW COUNTY

Samaritas at Sequoia Place	1131 N. Maple Rd., Ann Arbor	5/25/17	1:00pm – 3:30pm	DPATH
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PATH – Chronic Disease Self Management Program

DPATH – Diabetes Self Management Program

PAIN – Chronic Pain Self Management Program

CTS – Cancer Thriving & Surviving Self- Management Program

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