

THE BEST PATH TO BETTER HEALTH IS THE ONE YOU MAKE YOURSELF.

YOUR JOURNEY
BEGINS HERE.

PATH

Personal Action Toward Health

For more information about PATH Programs in Chronic Disease, Diabetes, and Chronic Pain in Northern Michigan, please contact:

Northeast Michigan (serving Alcona, Arenac, Alpena, Cheboygan, Crawford, Iosco, Montmorency, Ogemaw, Oscoda, Otsego, Presque Isle, & Roscommon counties)

Kara LaMarre (lamarre@nemica.org)
Area Agency on Aging Region 9
2375 Gordon Rd, Alpena, MI 49707
Phone: 989-358-4616

Northwest Michigan (serving Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, Missaukee & Wexford counties)

Darcia Brewer (brewerd@aaanm.org)
Area Agency on Aging of Northwest Michigan
1609 Park Dr, Traverse City, MI 49696
Phone: 1-800-442-1713

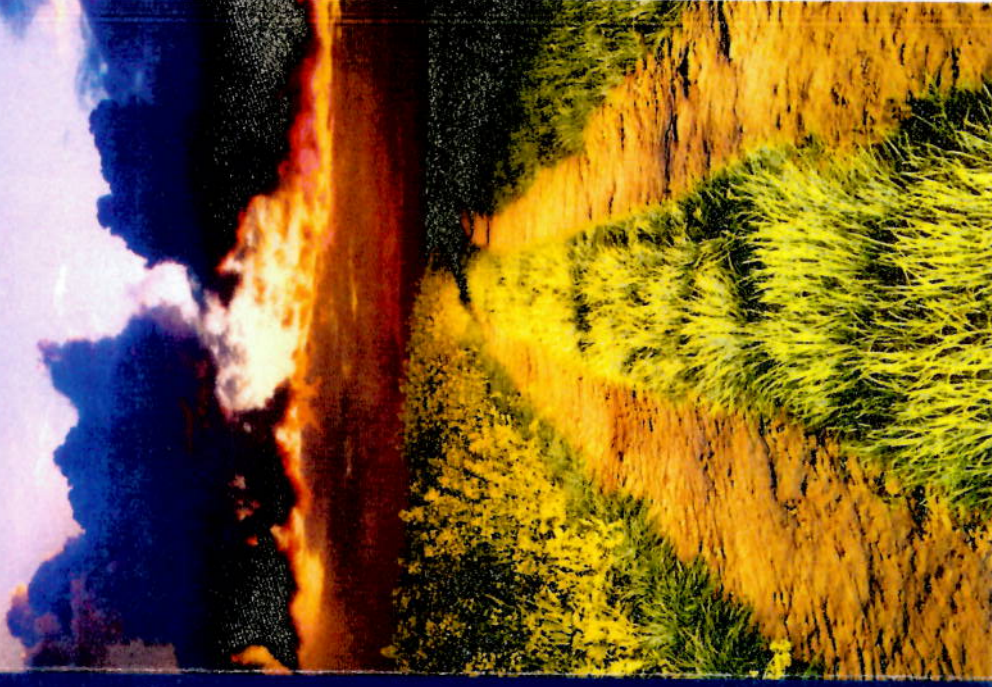
PATH

PERSONAL ACTION TOWARD HEALTH

Feel better.

Be in control.

Do the things you want to do.





PATH

PERSONAL ACTION TOWARD HEALTH

WHAT IS PATH?

PATH is a six-week workshop for people with long-term health conditions like arthritis, diabetes, heart disease, high blood pressure, fibromyalgia, and depression. Workshops are led by trained facilitators who understand or have health problems like you. People who take the workshop say they are better able to face the daily challenges of living with an ongoing health condition. They have more energy and less pain, get more exercise, feel more comfortable talking to their doctors, and are more confident that they can manage their health. The program might be helpful if you are struggling to manage symptoms or if you can no longer do the things you enjoy because of your health.

WHAT WILL I LEARN IN A PATH WORKSHOP?

In PATH sessions you will learn how to:

- Make action plans based on YOUR goals
- Manage symptoms like pain and fatigue
- Exercise safely, at a pace that's right for YOU

And you will get the chance to learn from others about what has helped them deal with their health problems.



PATH PARTICIPANTS HAVE THIS TO SAY ABOUT THE WORKSHOP:

"I am on my way to a better understanding of my health condition."



"I'm more conscious of making better choices."



"...a life-changing experience"

TAKE CHARGE OF YOUR HEALTH, SIGN UP FOR A WORKSHOP TODAY!

In addition to PATH, you may also be interested in:

DIABETES PATH

designed especially for people with Type 2 Diabetes

CHRONIC PAIN PATH

for people with long-term pain management issues

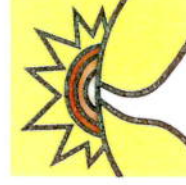


HOW DO YOU FIND A PATH WORKSHOP?

For more information on PATH or to find a workshop near you, please go to www.MiHealthyPrograms.org or www.Michigan.gov/Arthritis.

Email:
MichiganPATH@gmail.com

Phone:
517-335-1236



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Partners on the
PATH