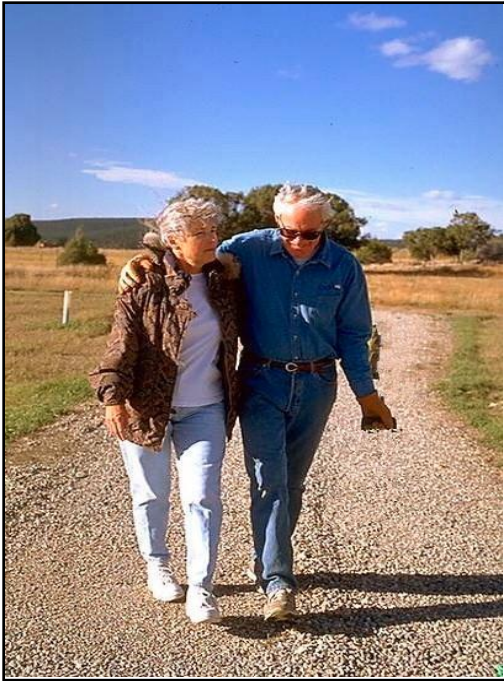


# Take the **PATH** to Better Health



*A fun, interactive workshop that helps participants improve their health and feel better. Weekly prizes will be given out too!*

## 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*

*Funded through the American Recovery & Reinvestment Act of 2009*

## 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?

**Location:** Macomb MSU Extension, Verkuilen Bldg., 21885 Dunham, Clinton Township

**Time:** Thursdays, 10:00am – 12:30 pm

**Dates:** January 12, 19 & February 2, 9, 16, 23  
(no class on January 26)

### Registration and Questions:

Call Cathy at 248-858-0888 or email [newkirk@msu.edu](mailto:newkirk@msu.edu)

