



Michigan State University Extension

For Immediate Release

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Free Program to Help Macomb County Residents Manage Health

Michigan State University Extension and the Area Agency on Aging 1B are hosting a free health workshop in Clinton Township on Thursday mornings from January 12, 2012 through February 23, 2012 (no class on January 26). The Personal Action Toward Health (PATH) program aims to help individuals manage long term health conditions.

The PATH workshop provides information and skills to adults with chronic health conditions such as arthritis, heart disease, chronic kidney disease, diabetes, bronchitis, asthma and depression.

Workshops are run by trained leaders who hold informal, small group discussions and provide easy-to-understand course materials. Facilitators explain ways to reduce pain and stress, cope with fatigue, use medications wisely, and benefit from exercise. Participants also learn about self-help devices that can enhance daily activities. They are encouraged to practice these skills by making weekly action plans and helping each other to achieve their goals.

The PATH program is suited for both the newly diagnosed as well as those seeking more aggressive management. It has been proven in studies to reduce symptoms and physician visits as well as increase self-management abilities and communication with doctors.

The PATH workshop will meet on Thursdays from 10 a.m. until 12:30 p.m. at the Macomb MSU Extension office, 21885 Dunham Road, Clinton Township.

Registration for the PATH workshop is necessary and enrollment is limited. To register, or for more information, contact Cathy Newkirk, MSU Extension, 248-858-0888, newkirk@msu.edu.

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