

# Media Advisory

Office of Macomb County Executive  
Mark A. Hackel



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Michigan State University - Extension

## *For Immediate Release*

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### **PERSONAL ACTION TOWARD HEALTH (PATH) WORKSHOP CHANGES LIVES**

PATH (Personal Action Toward Health) is a six-week series offered by Macomb MSU Extension that provides the skills and tools participants need to manage chronic health conditions. People who have participated in PATH workshops are better equipped to face the daily challenges of living with one or more chronic conditions.

Through PATH, participants learn how to deal with the challenges of not feeling well, how to talk to healthcare providers and family members, techniques that help them to overcome stress and to relax, and ways to increase energy and handle everyday activities more easily.

A recent PATH workshop participant stated, "In the ten years I've been retired, I stay active with my family, friends, church, community activities and volunteering...However, I often find myself becoming depressed, apprehensive and angry about things that happen in my life. The main thing I have learned from the PATH workshop experience is to RELAX. The relaxation techniques have been very valuable to me in coping with my physical, emotional and financial fears! I highly praise the PATH workshop and recommend it."

To learn more about PATH including dates the next series will be held, please contact Cathy Newkirk, Extension Educator, at 248-858-0888 or [newkirk@anr.msu.edu](mailto:newkirk@anr.msu.edu).

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