

*Life is about finding one's own*

**PATH**

PERSONAL ACTION TOWARD HEALTH







# PATH

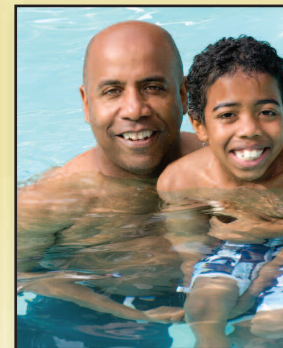
## WHAT IS PATH?

PATH is a six week workshop that supports participants to improve their health and feel better. As a result, people are better able to face the daily challenges of living with an ongoing health condition. Two trained leaders conduct the workshop; at least one will be a Certified Peer Support Specialist.

*PATH participants have this to say about the workshop:*

"I'd recommend PATH to anyone."

"...an excellent workshop for anyone dealing with chronic health issues"



"I have more hope, and more tools to succeed."



## WHAT DO PEOPLE SAY ABOUT THE WORKSHOP?

PATH participants say they have learned these things during the six week workshop:

- ◆ action planning.
- ◆ how to problem solve.
- ◆ the buddy system.



## WHAT'S IN IT FOR YOU?

People with mental illness are dying an average of 25 years younger than the general population. It is important to learn how to manage our mental and physical health together, but this can feel overwhelming. In the PATH workshop, you will learn how to:

- ◆ talk with health care providers, friends and family members.
- ◆ do everyday activities more easily.
- ◆ stay independent.

## HOW DO YOU FIND A PATH WORKSHOP?

For information on a PATH workshop near you, please contact Candice Lee at the Michigan Department of Community Health or visit [www.MiHealthyPrograms.org](http://www.MiHealthyPrograms.org).

Email: [leec@michigan.gov](mailto:leec@michigan.gov).

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