

PATH SPEAKING POINTS

PATH? It sounds like school all over again:

The workshop is interactive, with different activities to hold your interest

I already have a doctor:

PATH supports what care your doctor has recommended for you. PATH is NOT meant to disrupt the partnership you have with your health care provider. In fact, PATH gives you tools and skills that will help you work with your health care provider.

It sounds like counseling

Nope! PATH is about the tools and skills that will help your better manage your long term health condition. You decide how you will use the information provided, and what types of information and care you will choose to seek.

What's the catch? It sounds too good to be true

There is no catch. This program was researched and developed by Stanford University. Over 50 research studies related to this information show that people who take this workshop (as compared to people who don't) manage their health concerns better, feel better and do better. It has been PROVEN to work.

Who leads the group?

PATH leaders must successfully complete a 24-hour training. They work in pairs to bring to you the best workshop possible.

It goes for too many weeks and/ or too many hours each week.

PATH is interactive and most people think that the time in workshop flies by

PATH has a planned break during each session.

PATH facilitators encourage you to get up as you need to remain comfortable in the class.

PATH certificates are given to those who are able to attend at least 4 of the six sessions.

Who should attend PATH?

PATH is for anyone who manages a long term health condition like arthritis, asthma, diabetes, depression, fibromyalgia, heart disease and more. It is great for caregivers too!

Who should attend Chronic Pain PATH?

Chronic Pain PATH is helpful for anyone who is managing long term pain. Long term means anything that a person managed for over 6 months, or beyond the usual time of healing. Some examples include pain of the neck, back and shoulder; fibromyalgia, arthritis, repetitive strain injury. The workshop is great for loved ones and caregivers, too.

Who should attend Diabetes PATH?

Diabetes PATH is designed especially for people with Type 2 Diabetes and their caregivers or loved ones. You will learn about preventing high and low blood sugars, your medication, meal planning, foot and skin care, handling sick days and preventing complications. And, you will learn the tools and skills of PATH itself: Action planning, Problem Solving, and more.