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Location Name (PATH) Location Name (Diabetes PATH)

100 Street Name 100 Street Name

City, MI 48XXX City, MI 48XXX

Mondays at 1:00-2:30pm Tuesdays at 3:00-5:30pm

January 23, 30, February 6, January 10, 17, 24, 31, February 7 & 14th

13, 20 & 27th To register call <Name>: (XXX) XXX-XXXX

To register call <Name>: (XXX) XXX-XXXX No Cost

No Cost

UPCOMING PATH WORKSHOPS - January 2017

Get on the PATH   
(Personal Action Toward Health)

Michigan’s version of the award winning Stanford  
 Chronic Disease Self-management Program

PATH Workshops help participants with ongoing   
health conditions and their caregivers learn how to ...

* Self-manage health conditions
* Deal with the challenges of not feeling well
* Talk to healthcare workers and family members
* Overcome stress and relax
* Increase their energy
* Handle everyday activities more easily
* Make informed treatment decisions
* Problem-solve

Workshops are free, led by qualified leaders, and a snack is provided at each session. Register at: (XXX) XXX-XXXX or EMAIL@Email.com

For more information on other PATH workshops visit Michigan Partners on the PATH at: MiHealthyPrograms.org

Take the PATH to better health

**You are invited to participate   
in a free 6-week workshop**

Learn to manage your ongoing health   
condition, so you can improve your   
health and feel better!