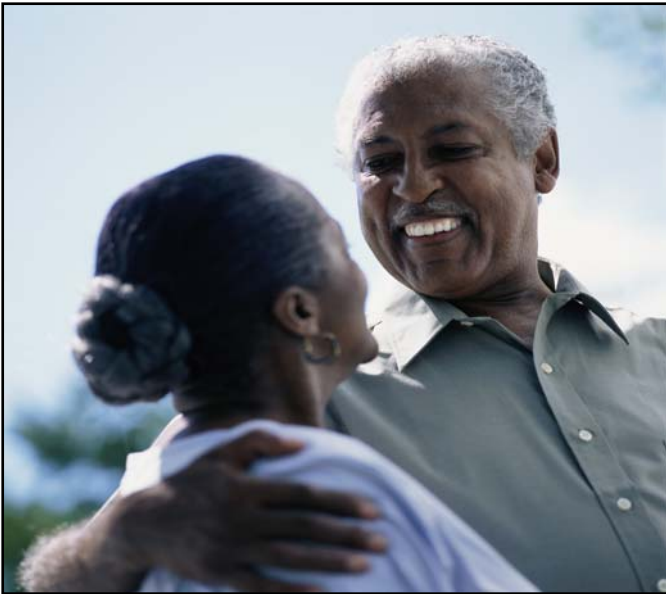


FREE

Take The **PATH** to Better Health



What is PATH?

PATH is designed to provide the skills and tools needed by people living with chronic health conditions to improve their health and manage their symptoms. As a result, people are better equipped to face the daily challenges of living with a chronic condition. Two trained leaders conduct the workshop (one or both may have a lifelong health condition).

Testimonial

“The people start to interact and ask questions of each other, giving each other tips on how and where to find answers to their questions. They don’t want the workshop to end!” *Alberta, Participant*

A fun, interactive workshop that helps participants improve their health and feel better.

What’s In It For You?

Learn how to:

- Deal with the challenges of not feeling well
- Talk to healthcare workers and family members
- Overcome stress and relax
- Increase your energy
- Handle everyday activities more easily
- Stay Independent

How do You Get on the PATH?

Free all male class

Tuesday mornings from
10:00 to 12:30 March 10, 2009 to April 14, 2009

Brush Park Manor

2900 Brush Street
Detroit, MI 48201

Call (313) 832-1576 to register

Free CVS gift cards to those who
complete the workshop.

