



“I am on my way to a better understanding of my health condition.”

The Best **PATH** to better health is the one you make yourself.

[mihealthyprograms.org](http://mihealthyprograms.org)

# PATH

Personal Action  
Toward Health

The Stanford Chronic Disease  
Self-Management Program



**FEEL BETTER.  
BE IN CONTROL.  
DO THE THINGS YOU  
WANT TO DO.**

**Your journey begins here.**

MICHIGAN Partners on the  **PATH**





## Personal Action Toward Health

### WHAT IS PATH?

PATH is a six-week workshop for people with conditions like arthritis, diabetes, high blood pressure, heart disease or depression.

Workshops are led by trained leaders who understand or have health conditions like you. They are free or low cost and are held in places that are accessible. People who take the workshop say they:

- ☀ Have more energy and less pain
- ☀ Get more exercise
- ☀ Feel more comfortable talking to their doctors, and
- ☀ Are more confident that they can manage their health

### WHAT WILL I LEARN IN A PATH WORKSHOP?

In **PATH** sessions you will learn how to:

- ☀ Make action plans based on YOUR goals
- ☀ Manage symptoms like pain and fatigue
- ☀ Exercise safely, at a pace that's right for YOU

And you will get the chance to learn from others about what has helped them deal with their health problems.

## TAKE CHARGE OF YOUR HEALTH, SIGN UP FOR A WORKSHOP TODAY!

Choose the workshop that is best for you.

- ☀ PATH is for people with ANY type of health condition
- ☀ Diabetes PATH helps people better manage their diabetes
- ☀ Chronic Pain PATH has more information on managing long-term chronic pain
- ☀ Cancer: Surviving and Thriving is for cancer survivors

## HOW DO YOU FIND A PATH WORKSHOP?

For more information on **PATH** or to find a workshop near you, please visit

[mihealthyprograms.org](http://mihealthyprograms.org) or

[michigan.gov/arthritis](http://michigan.gov/arthritis)

Email: [MichiganPATH@gmail.com](mailto:MichiganPATH@gmail.com)

Phone: 517-335-1236