­­

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

XXX LANSING AREA PATH WORKSHOPS

Registration Deadline one week before stare of workshop

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

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!

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

For PATH workshop information and registration contact NAME at:

(XXX) XXX-XXXX, or

email@email.com

For PATH workshop information and registration contact NAME at:

(XXX) XXX-XXXX, or

email@email.com

For PATH workshop information and registration contact NAME at:

(XXX) XXX-XXXX, or

email@email.com

For PATH workshop information and registration contact NAME at:

(XXX) XXX-XXXX, or

email@email.com

For PATH workshop information and registration contact NAME at:

(XXX) XXX-XXXX, or

email@email.com

For PATH workshop information and registration contact NAME at:

(XXX) XXX-XXXX, or

email@email.com

For PATH workshop information and registration contact NAME at:

(XXX) XXX-XXXX, or

email@email.com

For PATH workshop information and registration contact NAME at:

(XXX) XXX-XXXX, or

email@email.com

For PATH workshop information and registration contact NAME at:

(XXX) XXX-XXXX, or

email@email.com