

R_x Today's Date: _____
Patient's Name: _____

To help you better manage your health,
our office highly recommends that you
attend a PATH workshop.

Personal Action Toward Health

The Stanford Self-Management Programs

A PATH workshop can help you feel better, be in control
of your health and do the things you want to do.

You will learn to:

- Manage common symptoms like pain and fatigue
- Set and reach goals that are important to YOU
- Exercise safely, at a pace that's right for you
- Make the most out of your healthcare visits
- Eat healthy, manage your weight and *much more!*

Health Care Provider Signature

Find a workshop near you...

Online www.mihealthyprograms.org

Call (517) 335-1236



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