



PATH

Personal Action Toward Health

The Stanford Chronic Disease Self-Management Program

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

Website: www.mihealthyprograms.org

Email: info@mihealthyprograms.org

Phone: 517-335-1236

A six-week PATH workshop starts on:



_____ @ _____
Date *Time*

Mon Tue Wed Thu Fri Sat Sun

Location _____

Call to register _____
Name and Phone/Email