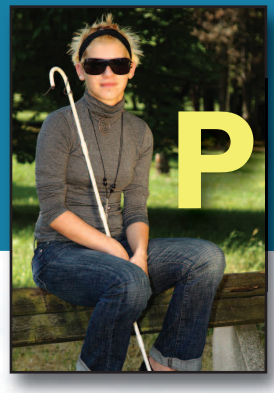
Life is about finding one's own

PATH

PERSONAL ACTION TOWARD HEALTH

MICHIGAN
Partners on the
PATH



PATH

WHAT IS PATH?

PATH is a six week workshop that helps people with disabilities and long-term health conditions to improve their health and manage their symptoms. As a result, people are better able to face the daily challenges of living with an ongoing health condition or disability. Two trained leaders conduct the workshop (one or both may have a disability or health condition).

PATH PARTICIPANTS WITH DISABILITIES HAVE THIS TO SAY ABOUT THE WORKSHOP:

"Working with the buddy system was really good for me."

"It's nice to be with people you know care."

"Talking about things helps me a lot."

WHAT DO PEOPLE SAY ABOUT THE WORKSHOP?

PATH participants with disabilities say they have learned these things during the six week workshop:

- action planning.
- how to problem solve.
- the buddy system.

WHAT'S IN IT FOR YOU?

Learn how to:

- deal with not feeling well.
- talk with doctors and family members.
- relax and overcome stress.
- increase your energy.
- do everyday activities more easily.
- stay independent.

HOW DO YOU FIND A PATH WORKSHOP?

For information on a PATH workshop near you, please contact Candice Lee at the Michigan Department of Community Health or visit www.MiHealthyPrograms.org.

Email: **leec@michigan.gov.**
Phone: **517-335-3188**.

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