

Chronic Pain PATH Leader Training

Be a guide for others on the PATH to better health!



What is PATH?

Chronic Pain PATH (Personal Action Toward Health) is a 6-week workshop that teaches practical skills for living a healthy life with Chronic Pain. The workshop focuses on self-care, learning new coping strategies, and sharing personal experiences with other group members. As a Chronic Pain PATH Leader you will provide participants with the beliefs and skills they need to manage their chronic pain and live healthier lives.

How much time will it take?

The four-day training is a one-time commitment. After this, we ask volunteer leaders to facilitate at least one, six-week workshop a year.

What's in it for you?

- Experience the deep satisfaction of changing lives with a proven, effective program.
- Receive specialized training and easy-to-use instructional materials.
- Learn new skills and gain valuable experience in health self-management programs.
- Make a tremendous difference in the lives of people you serve.

How do YOU get on the PATH?

WHERE: Region IV Area Agency on Aging, 2900 Lakeview Ave., St. Joseph, MI 49085

WHEN: Tuesdays/Wednesday 9:30 a.m. to 4:30 p.m. May 13, 14, 20 and 21, 2025

TO REGISTER CALL OR EMAIL:

Julie Schwarz at (269)982-7759 or julieschwarz@areaagencyonaging.org

COST: FREE for our volunteer Leaders



Area Agency on Aging, Inc.

SPECIALISTS IN AGING

Offering Choices for Independent Lives

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PATH

