

PATH Leader Training



What is PATH ?

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

*Be a guide for others on the **PATH** to better health
Become a Workshop Leader for **PATH***

What's in it for you?

- Experience the 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 difference in the lives of people you serve.

How do you get on the PATH?

WHERE: Berkshire Apartments
308 E. Michigan Avenue
Paw Paw, MI 49079

WHEN: Tuesdays & Thursdays
March 3, 5, 10, and 11, 2020
10:00 am – 5:00 pm each day

TO REGISTER, CONTACT:
Julie Schwarz at (269) 982-7759 or
julieschwarz@areaagencyonaging.org

COST: FREE for Volunteer Leaders

