



## Virtual PATH Leader Training Chronic Disease Self-Management Program (Free & Online)

**Training Dates:** 8/28, 9/9, 9/11, 9/16, 9/18, 9/23, 9/25, 9/30, 10/2, 10/7, 10/9, 10/14, & 10/16

**(13 sessions ) You must attend all the sessions to successfully complete the PATH leader training!**

### Days & Time:

Tuesdays & Thursdays  
1:00 to 3:30 p.m. ET

### Meeting Location

Online via Zoom

### NO COST TO ATTEND!

Space is limited to 12 participants & pre-registration is required!

### Registration Deadline:

**Thursday, August 14th, 2025**

### To Register:

Questions or to register-  
Please contact **Christi Demitz**  
[demitzch@msu.edu](mailto:demitzch@msu.edu)  
or **231-592-9498**

### PATH Training Leaders:

Naomi Hyso  
[hysonaom@msu.edu](mailto:hysonaom@msu.edu)  
Georgina Guzmán  
[gguzman@msu.edu](mailto:gguzman@msu.edu)



### Become a trained “Virtual Chronic Disease PATH (Personal Action Toward Health)” leader!

Are you a bilingual adult living with a chronic condition—or caring for someone who is? Join us and help others take control of their health while strengthening your own skills and confidence!

### As a PATH Leader, you’ll:

- ✓ Help others in managing chronic health conditions
- ✓ Receive ongoing support from MSUE PATH leaders
- ✓ Co-facilitate fun & interactive online workshops

### Requirements:

- Fluent in both English and Spanish (speak, read, and write).
- Comfortable with co-leading virtual groups of 8-12 people.
- Volunteers must also pass a background check.
- Facilitate at least one online PATH workshop within 1 year of training completion.

### Bonus for Bilingual Leaders:

After completing the virtual PATH training, you can enroll in a free 3-hour online cross-training in *Tomando Control de su Salud*, the Spanish version of the PATH program being held on *Thursday, October 30th from 9 a.m. - 12 p.m.*

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