

Take the **PATH** to Better Health

Develop your Personal Action Toward Health (PATH)

When: **Thursdays, 10:00 AM - 12:30 PM**
April 8, 2010 - May 13, 2010

Where: **Northwest Activities Center**
18100 Meyers
Detroit, MI 48235



What's in it for you?

- ◆ Dealing with emotions of chronic illness
- ◆ Building communication skills
- ◆ Breathing exercises
- ◆ Healthy eating
- ◆ Problem solving
- ◆ Relaxation skills and overcoming stress
- ◆ Developing an exercise program
- ◆ A PATH certificate on completion of program

PATH is designed to provide the skills and tools needed by people living with chronic health conditions to improve their health and manage their symptoms. As a result, people are better equipped to face the daily challenges of living with a chronic condition.

Call **Sandra Cummings** at **313-736-5574** to register for this free workshop. *Registration is limited to the first 15 participants.* The program is targeted for those aged 60 and over who have a chronic health condition or are caregivers of someone with a chronic health condition.



**NORTHWEST COMMUNITY
PROGRAMS, INC.**



Michigan Partners on the **PATH**
www.Mlpath.org

