

Take The **PATH** to Better Health



What is PATH?

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. Two trained leaders conduct the workshop (one or both may have a lifelong health condition).

Testimonial

“The people start to interact and ask questions of each other, giving each other tips on how and where to find answers to their questions. They don’t want the workshop to end!” *Alberta, Participant*

A fun, interactive workshop that helps participants improve their health and feel better.

What’s In It For You?

Learn how to:

- Deal with the challenges of not feeling well
- Talk to healthcare workers and family members
- Overcome stress and relax
- Increase your energy
- Handle everyday activities more easily
- Stay Independent

How do You Get on the PATH?

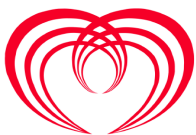
Reuther Older Adult and Wellness Services (ROAWS)
A Division of MATRIX Human Services will be offering the program:

When: Fridays: 11:30 a.m. – 2:00 p.m.
April 16th 2010 through May 21st 2010

Where: Patton Recreation Center
2301 Woodmere
Detroit, Michigan 48209

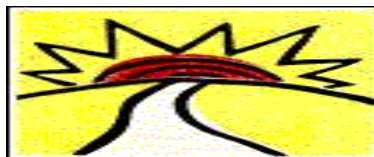
Call Tiffany at (313) 831-8650 to register.
Registration is limited to the first 15 participants.

This 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.



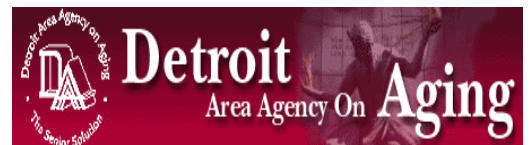
MATRIX
HUMAN SERVICES

“Touching Hearts, Changing Lives”
Established 1906



Michigan Partners on the **PATH**

www.Mlpath.org



Detroit
Area Agency On **Aging**