

Take the **PATH** to Better Health

Develop your Personal Action Toward Health (PATH)

When: **Wednesdays, 10:30 AM – 1:00 PM**
January 25, 2012 – February 29, 2012

Where: **John Villa Wellness Center**
(inside Patton Recreation Center)
2301 Woodmere
Detroit, MI 48209

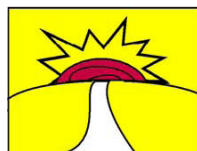


What's in it for you?

- ◆ 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, along with a book and relaxation CD

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.

Call Marybeth Haas at (313) 831-8650 or Ms. Bea Harris at (313) 628-2002, 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.



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

