



NO COST WORKSHOP

TAKE CHARGE OF YOUR HEALTH!

Personal Action Toward Health (PATH) is a class that provides skills and tools to help people living with long-term health problems live a healthier life. It is a six-week workshop led by certified leaders.

Where:

Zoom Video Conference (requires a computer or device with internet access and a camera). Meeting link will be sent to registered participants.

When:

Mondays 6:00pm-8:00pm

Information Session:

March 3

Sessions 1-6:

March 10, 17, 24, 31,
April 7, 14

To register: Visit

www.nkfm.org/chronicpath



This workshop is for YOU if you have:

- High blood pressure
- Ongoing pain or fatigue
- Traumatic Brain Injury
- Other long-term health problems
- Depression
- Anxiety
- Cancer
- Kidney Disease
- Arthritis

Learn how to:

- Improve your overall health
- Manage symptoms and decrease stress
- Improve communication skills
- Set achievable goals
- Increase your energy

"I took PATH to improve my quality of life. It taught me techniques about coping with stress, relaxation, and problem solving."



of Michigan

NKFM is committed to providing access, equal opportunity, and reasonable accommodation in its programs. To request accommodation contact the PATH team at least ten days in advance at: 800-482-1455 or e-mail at PATHPrograms@nkfm.org



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