



Chronic Pain PATH Toolkit

A Self-Management Resource Center Program

DATE/TIME:

Tuesdays

September 1—October 6,
2026 1-2pm ET

LOCATION:

Conference call via
Telephone or Zoom

**FREE- Open to adult
Michigan residents!**

Registration:

<https://bit.ly/4vURgOY>



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WHO SHOULD ATTEND:

Adults of all ages living with chronic pain and their family members/caregivers.

DESCRIPTION:

Participants have reported an increased confidence to better manage their chronic pain with skills such as:

- Techniques to deal with frustration, fatigue, isolation, and poor sleep.
- Gentle exercise for improving strength, flexibility, and endurance.
- Alternatives to manage pain such as using the mind.
- Communication skill to use with family, friends, and health care.

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