

Take the P.A.T.H. to Better Health



What is PATH? - Personal Action Toward Health

- A 6-session workshop that meets weekly
- Provides knowledge and skills to better manage chronic conditions
- Evidence-based, proven to reduce symptoms, physician visits
- Increases self-management abilities
- Improves ability to communicate with healthcare professionals

Workshop Topics:

- Problem-solving
- Managing symptoms
- Handling difficult emotions
- Goal-setting
- Working with the healthcare team
- Relaxation techniques
- Eating well
- Exercising safely

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

How do You Get on the PATH?



*Contact TENDON Diabetes Outreach Network at the National Kidney Foundation Office
616/458-9520*

