

Success Stories

“The changes from the workshop were simple but made a difference in my life.” ■ *Gina A.*

“By coming together you know you’re not the only person who has problems.” ■ *Ruth B.*



Take the PATH...



Michigan Partners on the PATH

Take The **PATH** to Better Health

People with long term health concerns are learning to manage their health and live life to its fullest because... they took the **PATH!**

Personal Action Toward Health



Michigan Partners on the
PATH

Who Can Benefit From PATH?

- Anyone with a long term health condition.
- Family, caregivers, or support people who want to learn more about supporting those with a long term health condition.
- Adults who want to 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

What is PATH?

- PATH is a workshop that helps participants improve their health and feel better.
- Two trained leaders conduct the workshop. One or both may have a lifelong health condition.
- Sessions are fun and interactive. Participants share their successes and build a common source for support.



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How Can You Get on the PATH?

For additional information or to sign up for a class, contact:



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Diabetes Outreach Network

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