

PATH Quotes

"When word gets out how good this (PATH) is, they will be lining up for this. This is a really good class."

~Dan, Marquette PATH Graduate, 6/07

"You don't realize how common the problems you have are; getting together to talk with others is helpful."

~Rhett, Marquette PATH Graduate 5/06

"PATH gave me the kick in the pants to do the things I knew I should be doing all along."

~John, Ishpeming PATH Graduate 6/07

"Breaking down our goals (into Action Plans) and sharing ideas with others who are in chronic pain or who have a chronic disease is very helpful. We share similar obstacles and feelings. It's a safe place to start your future."

~Mary, Escanaba PATH graduate 05/08

"No matter what type of chronic illness you have –you can always give and receive support/ideas from anyone going through a similar situation."

~Michelle, Escanaba PATH graduate 05/08

"It has given me a new outlook on life and what I can do to have a better life and feel better. Your class has been very helpful and interesting and very knowledgeable and knowing the people have the same outlook and feelings makes you feel you are not alone."

~Pat, Escanaba PATH graduate 05/08

"It motivated me to do what I needed to do (what I knew I needed to do) but always procrastinated and found excuses for not doing. I enjoyed the class and the camaraderie with everyone. The presenters did an excellent job!"

~Bert, Escanaba PATH graduate 05/08

"Learning to eat right and exercise more; learning to deep breathe, learning how important it is to have a living will (this is what PATH has meant to me)."

~Gladys, Escanaba PATH graduate 05/08

"To help educate me on exercise, eating habits, breathing and better health (this is what PATH has meant to me)."

~Rod, Escanaba PATH graduate 05/08

PATH Quotes cont'd

“Sharing information and friendship with others that know what you’re really feeling while dealing with chronic illness and pain.”

~Colleen, Escanaba PATH graduate 05/08

“It helped to get me motivated into doing something about my pain. We covered many more things than pain problems so the class became much more than I thought it would be.”

~Della, Escanaba PATH graduate 05/08

“It was very informative and motivated me to start exercising again.”

~Nan, Escanaba PATH graduate 05/08

“I’ve really enjoyed the feeling of camaraderie and encouragement. I was challenged each week to set personal goals and the accountability of achieving them. There was an incredible amount of resource ideas from both leaders and the group. I’m so glad I signed up!”

~Joyce A.T., Munising PATH graduate 06/08

“Being with other people who have some of the same problems, learning how they cope with them, what different ideas they have. It has been a very good learning experience.”

~Bea, Munising PATH graduate 06/08

“Class has been just great. Six weeks just flew by!”

~Joyce N., Munising PATH graduate 06/08

“Inspiration to stay motivated and continue with goals that I have set for myself. Also feedback from the members of the class was very helpful. It was a pleasure to be a part of the class. Thank you!”

~Naoma, Munising PATH graduate 06/08

“Having been diagnosed with Type 2 diabetes fairly recently, I have found the PATH classes invaluable in helping me learn to deal with the daily ups and downs of a chronic illness. From simple relaxation techniques to the value of exercise and good eating to end-of-life planning, I have learned a great deal about a great many things. There’s a great therapeutic value to PATH classes as well, in that all attending have similar conditions and share common problems and solution with the group. I am deeply grateful to the diabetes outreach network for providing this type of program.”

~Linda, Munising PATH graduate 06/08

“I am not alone and there are other people who understand and share my feelings.”

~Lois, Munising PATH graduate 06/08

PATH Quotes cont'd

“Sitting in the midst of the actual humanity portrayed by the participants made me more aware of the simplicity of my problems relative to my chronic ailments, such that I am strengthened in my resolve to better bear the rigors imposed by it.”

~Martin, Munising PATH graduate 10/08

“Sharing as a group is a great help with any disease!”

~Mary, Munising PATH graduate 10/08

“It got me to see my eating habits. I started exercising therefore, I feel better and have more energy.”

~Nancy, Munising PATH graduate 10/08

“It is nice to keep with things. You need encouragement.”

~Eleanor, Munising PATH graduate 10/08

“PATH made me think about what I’m doing and others as well.”

~Marilyn, Munising PATH graduate 10/08

“The class made me think about what I can do to improve my health and therefore, improve my lifestyle.”

~Margaret, Munising PATH graduate 10/08

“Great way to learn techniques to living a positive healthy life while dealing with chronic conditions. I plan to put the learning into my life.”

~Linda, Marquette PATH graduate 04/09

“The positive energy in the group was great!”

~Kathy G, Marquette PATH graduate 04/09

“It has taught me to be accountable for my own health & choices regarding exercising, emotions, etc. I really enjoyed this class. Thank you!”

~Kathy A, Marquette PATH Graduate 04/09

“It was a very good class – it taught me some positive things to help deal with my chronic condition.”

~Cecelia, Marquette PATH graduate 04/09