

What Are People Saying About PATH?

“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.”

~Pat, Escanaba PATH graduate
05/08

“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



“You don’t realize how common the problems you have are; getting together to talk with others is helpful”

~Rhett, Marquette PATH graduate
03/07

To register or for more information about workshop dates and locations contact:

U.P. Diabetes Outreach Network
906-228-9203

or visit

www.diabetesinmichigan.org

(choose the U.P.)

or Dial 2-1-1

Marquette Area

Partners on the PATH

Bell Hospital

Marquette General Hospital

Marquette Senior Center

Medical Care Access Coalition

MSU Extension, Marquette

UPCAP Services

U.P. Diabetes Outreach Network

U.P. Health Plan



PATH adds to your regular medical treatment. It does not replace it.

Your PATH to Living a Healthy Life with Chronic Conditions



PATH (Personal Action Towards Health)

A six week workshop to help you improve your health - one step at a time



Enjoy Life!

Don't let your health stop you from doing all the things you love to do!

What is PATH?

PATH (Personal Action Towards Health) is a six week workshop for anyone living with a long-term health concern such as:

- ~ASTHMA
- ~ARTHRITIS
- ~HIGH BLOOD PRESSURE
- ~HIGH CHOLESTEROL
- ~DIABETES
- ~FIBROMYALGIA
- ~HEART DISEASE
- ~PAIN
- ~WEIGHT CONCERNS
- ~and more

Program Details

Groups meet once a week for 6 weeks.

Each session is 2 1/2 hours long.

Different topics are covered each week.

Workshop is free but a suggested donation of \$10 - \$20 for the entire 6-week workshop helps cover program costs.

Who Can Take Part?

Anyone living with a long-term health concern is welcome. Family, friends or caregivers are encouraged to attend.

How Will PATH Help Me?

PATH will help you learn better ways to take care of your health by:

- ◆ Setting goals that are achievable
- ◆ Working & sharing with others
- ◆ Finding support & help for problems
- ◆ Relaxing and managing stress

PATH Helps You Feel More Prepared To:

- ◆ Deal with pain and fatigue
- ◆ Eat for better health
- ◆ Talk with your doctor & others about your health needs
- ◆ Maintain your independence
- ◆ Manage medications
- ◆ Relax & enjoy life