

What Are People Around the U.P. Saying About PATH?

"No matter what type of chronic illness you have, you can always give & 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 & what I can do to have a better life & 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 05/07

"I've really enjoyed the feeling of camaraderie & encouragement. There was an incredible amount of resources & ideas from both the leaders & the group. I'm so glad I signed up!"

~Joyce, Munising PATH graduate 06/08

To register or for more information about workshop dates & locations contact:
BCMh Rehab & Fitness Center
906-524-2200
or online at www.diabetesinmichigan.org
(choose the U.P. & Community Events)
or Dial 2-1-1

BARAGA COUNTY AREA

Partners on the PATH

Aspirus Keweenaw Hospital

BCMh Rehab & Fitness Center

Finlandia University

Portage Health

UPCAP Services

U.P. Diabetes Outreach Network

U.P. Health Plan

Workshops are funded in part through the American Recovery & Reinvestment Act of 2009.



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 problem such as:

- ~ASTHMA
- ~ARTHRITIS
- ~COPD
- ~CONGESTIVE HEART FAILURE
- ~DIABETES
- ~FIBROMYALGIA
- ~HEART DISEASE
- ~OBESITY
- ~PAIN

Program Details

Groups meet once a week for 6 weeks.

Each session is 2 1/2 hours long.

Different topics are covered each week.

PATH is free with a suggested donation of \$10 - \$20 for the entire 6-week workshop to help cover program costs.

Who Can Take Part?

Anyone living with a long-term health problem 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