

## 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:  
Aspirus Keweenaw  
Laurium Fitness Center  
906-337-7000  
or online at [www.diabetesinmichigan.org](http://www.diabetesinmichigan.org)  
(choose the U.P. & Community Events)  
or Dial 2-1-1

### ***COPPPER COUNTRY AREA***

#### **Partners on the PATH**

**Aspirus Keweenaw Hospital**

**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