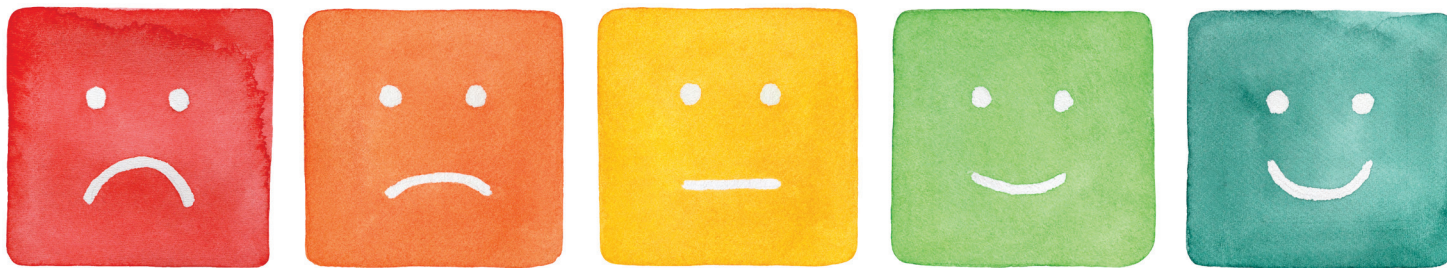


What's your pain level?

We can help you manage it.



Join our Chronic Pain P.A.T.H. class!

People living with chronic pain often find it interferes with their ability to manage their health and live life to the fullest. Personal Action Toward Health (PATH) is an interactive program designed by Stanford University to provide the necessary skills and tools to help you **manage chronic pain** and live a better life.

This six-week workshop is conducted by certified leaders and teaches how to:

- Create a personal plan for success
- Develop problem solving skills
- Improve communication with health care providers
- Use the mind to calm the body
- Make healthier food choices
- Incorporate physical activity into daily life

Tuesdays
April 25, May 2, 9, 16, 23, and 30
1-3pm on Zoom

This **FREE** workshop is open to adults with chronic pain and other health conditions as well as caregivers. Reservations required as space is limited.

Contact Joely Lyons at 248.392.0767 or jlyons@jfsdetroit.org with questions or to register.

Registration priority will be given to those living in Western Wayne, Livingston, Oakland, Washtenaw and Macomb Counties.

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