



What types of conditions do participants have?

- Chronic pain
- High blood pressure
- Diabetes
- High cholesterol
- Arthritis
- Obesity
- Depression/Anxiety

Is your resolution to take better care of your health?

We can put you on the right P.A.T.H.

Personal Action Toward Health (PATH) is a fun, interactive program designed by Stanford University to provide the necessary skills and tools to help people **manage chronic pain and other persistent health conditions** live a healthier 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
- Decrease stress
- Make healthier food choices
- Incorporate physical activity into your daily life

**FREE
WORKSHOP
SERIES**

When: Monday, February 8, 15, 22, March 1, 8
1:30-3:30pm
Monday, March 15 10:30am-12:30pm
via Zoom

Open to adults, their family and friends, as well as caregivers.
Participation is free, but a reservation is required as space is limited.

Contact Beth Seelbach at 248.592.2655 or bseelbach@jfsdetroit.org with questions or to register.

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

