



## Get closer to your personal health goals.

### What types of conditions do participants have?

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

## We can get 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  
HEALTH  
WORKSHOP  
SERIES**

**Tuesday, October 10** (information session),  
**October 17, 24, 31, November 7, 14, 21**  
**1:00-3:00pm**  
**Zoom**

Open to adults, their family and friends, as well as caregivers.

Reservations required as space is limited.

**Contact Joely Lyons at 248.592.1995 or [jlyons@jfsdetroit.org](mailto: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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