



PATH Workshop

Personal Action Toward Health



ST. JOSEPH MERCY
CHELSEA
SAINT JOSEPH MERCY HEALTH SYSTEM

Wednesdays, October 18 through November 22
10 a.m. – 12:30 p.m. ■ Stockbridge

PATH is designed to provide skills and tools for people living with long-term health problems, such as diabetes, cancer, arthritis, high blood pressure, heart conditions, kidney or lung disease, stress, anxiety or depression. This program helps individuals:

- Manage every day activities by making an action plan
- Manage symptoms
- Decrease stress
- Increase energy
- Avoid disease complications
- Improve communication with your health care team and family
- Improve overall health and well-being
- Stay independent

This is a free six week workshop, but registration is required.

Please call Michelle Liska at 734-593-5258.

In support of the
National Kidney Foundation

For more information, visit: stjoeschelsea.org

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