

Success Stories

“The changes from the workshop were simple but made a difference in my life.” ■ *Gina A.*

“By coming together you know you’re not the only person who has problems.” ■ *Ruth B.*



Take the PATH...



Michigan Partners on the PATH

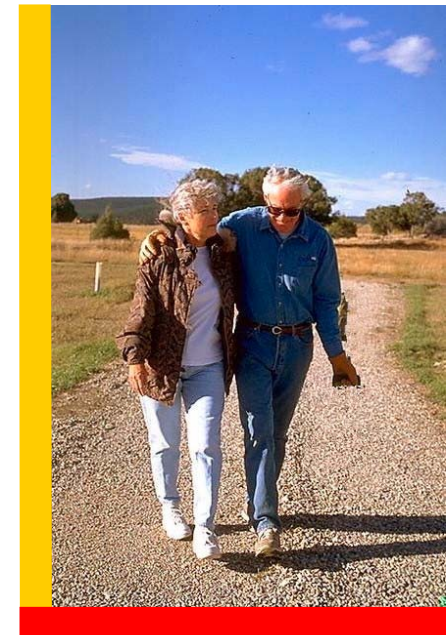
Partnering together:

Michigan State
University Extension-
Hillsdale
20 Care Drive, Ste. B
Hillsdale, MI 49242
517- 439- 9301
www.msue.msu.edu/hillsdale

Region 2 Area Agency
On Aging
102 N. Main St.
P.O. Box 109
Brooklyn, MI 49230
1-800-335-7881

Take The **PATH** to Better Health

People with long term health concerns are learning to manage their health and live life to its fullest because...
they took the PATH!



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PATH

Who Can Benefit From PATH?

- Anyone with a long term health condition.
- Family, caregivers, or support people who want to learn more about supporting those with a long term health condition.
- Adults who want to feel better!



What's in it for You?

Learn how to:

- Deal with the challenges of not feeling well
- Talk to healthcare workers and family members
- Overcome stress and relax
- Increase your energy
- Handle everyday activities more easily
- Stay Independent

What is PATH?

- PATH is a workshop that helps participants improve their health and feel better.
- Two trained leaders conduct the workshop. One or both may have a lifelong health condition.
- Sessions are fun and interactive. Participants share their successes and build a common source for support.



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How Can You Get on the PATH?

Workshop Series dates are:

Thursday, April 2nd
Thursday, April 9th
Thursday, April 16th
Thursday, April 23rd
Thursday, April 30th
Thursday, May 7th

Time: 1:30 to 4:00 p.m.

Registration required.

For additional information or to sign up for a class, contact

**MSU Extension -
Hillsdale County
20 Care Drive, Ste. B
Hillsdale, MI 49242
(517-439-9301)**

**Or Go To:
www.mipath.org**