

# Take the **PATH** to Better Health



## What is Chronic Pain PATH?

**Chronic Pain PATH** (**P**ersonal **A**ction **T**oward **H**ealth) is a 6-week workshop that teaches practical skills for living a healthy life with Chronic Pain. It was developed and tested by Stanford University and is designed to complement your current medical treatments.

## Testimonial

"The instructors made you feel very at ease. I did things that I would not ordinarily have done without the Action Planning activity. The session time seemed to hurry along and I was surprised when it ended!" *Pat, Participant*

*A fun, interactive workshop that helps participants improve their health and feel better.*

## What's in it for you?

Learn how to:

- Exercise to maintain and improve strength, flexibility and endurance
- Pace activity and rest
- Overcome stress and relax
- Talk to health care workers and family members
- Use medications appropriately
- Evaluate new treatments

## How do you get on the PATH?

**WHERE:** River Valley Senior Center  
13321 Red Arrow Highway  
Harbert, MI 49115

**WHEN:** Tuesdays  
September 10 – October 15, 2019  
1:00–3:30 pm

**TO REGISTER, CONTACT:**  
River Valley Senior Center  
(269) 469-4556

**COST:** Free! Donations are gratefully accepted

