

Take Control of Your Health with the PATH Program

A FREE 6-Week Workshop for Managing Chronic Conditions

Program Information

The PATH Program (Personal Action Toward Health) is a **6-week, evidence-based series** designed to help individuals manage chronic conditions through **lifestyle changes, goal-setting, and support.**

Who should attend?

Adults with chronic conditions and family/friends in their support system.

What will I learn?

Participants learn skills to manage a variety of chronic diseases such as:

- Developing healthy eating and exercise plans
- Navigating pain and difficult emotions
- Managing medications
- Communicating with family, friends, and healthcare providers
- Decision making and evaluating treatment options
- Goal setting

Who will be teaching the workshop?

- ✦ Experienced MSU Extension Instructors Kris Swartzendruber & Jacquie Rabine

Schedule & Dates:

 Every Monday from May 12 – June 23, 2025


 Time: 1:30 p.m. – 3:30 p.m.

- » Monday, May 12, 2025
- » Monday, May 19, 2025
- » ~~Monday, May 26, 2025~~
Memorial Day, No Class
- » Monday, June 2, 2025
- » Monday, June 9, 2025
- » Monday, June 16, 2025
- » Monday, June 23, 2025

 Location: McKenzie Health System – Back Dining Room
120 Delaware Street
Sandusky, MI 48471

Register Today!

Cost: FREE

 Register online by scanning the QR code or visiting:
<https://secure.qgiv.com/for/mckenziehealthsystem/event/msuechronicdiseasepath/>



 Or call Nina at 810-648-6127