



This is the presentation used for persons with low literacy skills.

The PATH to Better Health

How to Take Care of Your Health

The PATH Programs

When you have a disease for a long time and it doesn't go away, it is called a **CHRONIC DISEASE**.

Some chronic diseases that you may have heard about are: arthritis, diabetes, heart disease and cancer. There are many more.

It is important that you see your doctor often to take care of yourself if you have a chronic disease, but there are things you can do to help feel better.

The PATH Programs

The classes that are called “PATH”, “DIABETIC PATH”, and “CHRONIC PAIN SELF-MANAGEMENT” are classes that can help you feel better and take better care of yourself.

By taking better care of yourself, and feeling better, you are more able to do what you want to do.

The Workshops

Workshops are once per week for 6 weeks. Each session is 2 ½ hours long. You get breaks, snacks, and you work with each other in small groups. There is also a resource table that will have information for you to help with other concerns you may have.

This is what you will learn about:

- Physical activity and exercise
- Problem solving
- Goal setting
- Better breathing
- Muscle relaxation
- Communication skills
- Healthy Eating
- Making an Action Plan
- Positive Thinking
- Depression Management
- Talking to Your Doctor

Good Stuff

People who go to the workshop say that:

- They feel better
- They don't go to the doctor as much
- They have more days they can do what they want to
- They don't go to the hospital as much
- They don't get depressed as much

Many of them say they would like to keep meeting with the people in their class! They make lots of friends.

Becoming a Leader

If you decide you like the workshop a lot, and it helped you feel better, you might want to become a leader and teach others.

If you do, you will be able to go to a training that will teach you how to be a leader for these workshops. Since there are 2 people that are leaders for every workshop, you will always have someone with you to help out.

There is no cost to take the workshop or the leader training.

Where Are the Workshops?

There are workshops all over the state right now. You can attend any of them that are offered. However, we are working on setting up workshops that you can take with other people you know at locations that you are comfortable with.

We have workshops in Alpena, Michigan area right now. We will be adding more.

If you are interested in having us set up some workshops in your area, please let us know and we will work with the RICC to get them set up.

**THANK
YOU**