

## 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

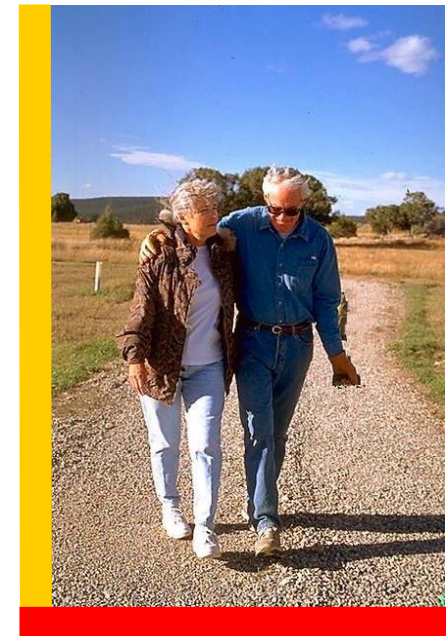
**What is it:** PATH is a six-week workshop conducted in two and a half hour sessions in community settings. The program was developed and tested by Stanford University to help people learn the techniques and strategies they need for the day-to-day management of chronic or long term health condition.

**Benefits:** Program participants reported improved symptom management, communication with physicians, self-efficacy, physical activity, and general health compared to those who had not participated in the workshop.

**Who should participate:** PATH is designed to benefit adults with chronic or long-term health conditions including arthritis, heart disease, diabetes, emphysema, asthma, bronchitis and depression. Family members, friends, and caregivers are also encouraged to attend the workshop.

## 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?

For more information please contact the Area Agency on Aging 1-B

1-800-852-7795

Or visit [www.aaa1b.com](http://www.aaa1b.com) to find a PATH workshop in your community.



The Area Agency on Aging 1-B (AAA 1-B) is a non-profit agency responsible for services to more than 500,000 persons age 60 years and older residing in Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties.

**Mission:** The AAA 1-B enhances the lives of older adults and adults with disabilities in the communities we serve.