

# PATH

## Personal Action Towards Health



Class dates:

Monday 1/25/16

Monday 2/1/16

Monday 2/8/16

Monday 2/22/16

Monday 2/29/16

Monday 3/7/16

9:00 - 11:30 a.m.

Resource & Crisis Center  
1200 N Telegraph Bldg 32E  
Pontiac, MI 48341  
(Please park and use the Conference  
Center entrance on Hospital Road)

Learn self-management skills that may ease the day to day symptoms of living with a chronic health condition, including:

Mental Illness  
Arthritis  
Heart Disease  
Diabetes  
Emphysema  
Asthma Bronchitis

Family members, friends, and care providers are also encouraged to attend the six-week community workshop. PATH meets 2.5 hours, one day per week.

Presented by:  
Sherri Rushman, OCCMHA  
Paul Lyons, Common Ground

To register go to  
<http://www.occmha.org/index.php/training>  
or contact Beth Jacobs at (248) 858-1795.

Inspire Hope, Empower People, Strengthen Communities

