

Chronic Pain PATH Workshop

Thursdays | Sept. 29 to Nov. 3
6 – 8 p.m. | Interactive Workshop

Is chronic pain limiting your life? Want to gain control of your pain?

Ready to take action toward better health?

Then step on the PATH toward better health. PATH (Personal Action Toward Health) is a free, six-week, small-group workshop modeled after the internationally recognized self-management program developed by the Stanford University Patient Education Center. This evidence-based program has been proven to help adults manage their pain, improve their quality of life, and lower healthcare costs.

PATH is offered by Tri-County Office on Aging (TCOA) and led by trained facilitators who are either living with chronic pain themselves or are close with someone who has chronic pain.



Chronic Pain PATH will help you with

- » The mind-body technique and distraction techniques
- » Pacing and Planning, fatigue management
- » Breathing techniques, relaxation, using your mind
- » The Moving Easy program (gentle physical activity)
- » Dealing with depression, positive thinking
- » Healthy eating
- » Communication and working with your healthcare provider
- » Setting goals, making decisions, problem-solving, and more!

Upcoming Interactive Workshop*

Register today. Space is limited.

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FREE to PHP Members

Call PHP at 517.364.8433 or email PHPCaseManagement@phpmm.org and use “Chronic Pain” in the subject line.

**Due to the ongoing COVID-19 pandemic this workshop will be web-based. We will continue to monitor the situation and will offer in-person meetings when it is safe to do so.*

