

Where:

Zoom Video Conference (requires a computer or device with internet access) Meeting link will be sent to registered participants

When:

Thursdays at 1:00-3:00pm

Info Session:

May 5 at 1:00-2:00pm

Sessions 1-6:

May 12, 19, 26 June 2, 9, 16

To register contact:

Ascension at 248-849-5752

This workshop is offered at no cost to participants.

During registration, please indicate if you need special accommodations in order to participate. Since this is a full six-week workshop, new participants are unable to join after week 2.

2022 CHRONIC PAIN PATH Helping you take charge of your chronic pain!

Chronic Pain Personal Action Toward Health (PATH) is a no-cost, six-week workshop led by certified leaders designed to help people living with chronic pain manage their health conditions and live a healthier, more enjoyable life.

Learn how to:

- Challenge myths about dealing with pain
- Master techniques to deal with frustration, fatigue, isolation and poor sleep
- Pace yourself around activity and rest
- Exercise appropriately to maintain or improve strength and endurance
- Use medication wisely
- Work effectively with family and health care providers







National Kidney Foundation of Michigan | 800-482-1455 | www.nkfm.org For other wellness programs in Michigan, visit www.mihealthyprograms.org.

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