



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

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.



Ascension



NATIONAL KIDNEY
FOUNDATION®

of Michigan



MICHIGAN Partners on the

PATH

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.

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