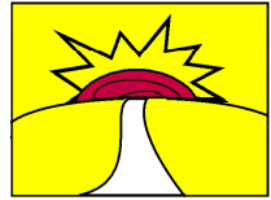


Personal Action Toward Health (PATH)



MICHIGAN
Partners on the PATH

What is PATH?

PATH (Personal Action Toward Health) is Michigan's name for the Stanford Chronic Disease Self-Management Program.

What is it?

The Stanford Chronic Disease Self-Management Program (PATH in Michigan) was developed and tested by Stanford University to help people learn techniques and strategies for the day-to-day management of chronic or long-term health conditions. It is a six-week workshop conducted in 2 ^{1/2} hour sessions each week.

Workshops are offered in convenient, easily accessible community locations, and are offered for free to participants.

Our sessions have **two** parts: A classroom setting and a fitness setting.

Classroom: Center of Hope, 723 Emerson St. Saginaw

Tuesdays, January 12 – February 16, 1:00 pm – 3:30 pm

January 12th

January 19th

January 26th

February 2nd

February 9th

February 16th



Fitness with a Personal Trainer: YMCA of Saginaw, 1915 Fordney St.

Thursdays, January 28th – March 3rd, 1:30 pm—3:00 pm

January 28th

February 4th

February 11th

February 18th

February 25th

March 3rd

