

Is living with a persistent health condition or pain preventing you from really living?

**Take the P.A.T.H. -  
Personal Action Toward Health  
is six weeks to a better life!**

2012 –  
A New Year,  
A New You!



**MICHIGAN STATE UNIVERSITY** | **Extension**

**PATH is a FREE six-week course which meets once a week for about two hours. The course is led by trained and certified instructors who teach the following keys to successful self-management:**

- ❖ Fewer physician visits
- ❖ How to relax and deal with stress
- ❖ Dealing with depression
- ❖ Good nutritional habits
- ❖ Strategies for decreasing pain
- ❖ Proper use of exercise and medications
- ❖ How to talk to your doctor and family
- ❖ Problem-solving techniques

*Registration is required, please call 1-800-968-3030 x 225 for more information.*

**Free and Open to the Public.**

**Attend Six Mondays,  
at 10:00am**

**Jan. 16, 23, 30, Feb. 6, 13, 20**

**MSU Tollgate Activity Center  
28115 Meadowbrook  
Novi, MI 48377**

**Registration is required.  
Please call  
1-800-968-3030 x 225**

**Space is limited for this FREE  
6 week workshop!  
Call Today!**