

Success Stories

"Changed my life..."

"It made me aware of the areas in my life that I wanted to improve"

"It changed the way I think about my Chronic Illness which affects every decision I make related to it"

"Changed my decision"



*Take the
PATH...*



Michigan Partners on the

PATH

www.mipath.org



Hegira Programs, Inc.



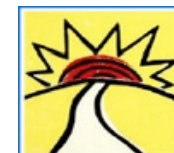
The Detroit-Wayne County Community Mental Health Agency is a division of the Wayne County Department of Health and Human Services.

Robert A. Ficano,
Wayne County Executive

Take The **PATH** to Better Health

People with long term health concerns are learning to manage their health and live life to its fullest because...

they took the PATH!



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Who Can Benefit From PATH?

- Anyone with a long term health condition
- Family, caregivers, or support people who want to learn more about supporting those with a long term health condition
- Adults who want to feel better!



What's in it for You?

Learn how to:

- Deal with the challenges of not feeling well
- Talk to healthcare workers and family members
- Overcome stress and relax
- Increase your energy
- Handle everyday activities more easily
- Stay Independent

What is PATH?

- PATH is a workshop that helps participants improve their health and feel better.
- Two trained leaders conduct the workshop. One or both may have a lifelong health condition.
- Sessions are fun and interactive. Participants share their successes and build a common source for support.



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What Should I expect?

- Discussion about healthy eating, relaxation, exercise, planning for the future, and much more.
- A fun environment that provides a safe place to learn and discuss common problems.
- You will develop a personal action plan each week to help you accomplish something you want to do.
- Friendly instructors that have been through similar experiences as your own.
- Solutions to everyday problems.

For additional information or to schedule a class at your organization, contact Braunwynn Franklin, the Wayne County PATH Coordinator, at bfranklin@newcentercmhs.org or the VCE Message Center at (888) 785-7793.