



# Personal Action Toward Health (PATH) for Chronic Pain

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Accommodations for persons with disabilities may be requested by contacting Kris Swartzendruber at (989) 672-3870 or [swartze6@anr.msu.edu](mailto:swartze6@anr.msu.edu)

**PATH for Chronic Pain** is a six-week workshop for people experiencing chronic pain and their family members or caregivers. It enhances regular treatment by giving you the skills to coordinate what you need to manage your health and stay active. Through **PATH for Chronic Pain**, participants will learn:

- Ways to effectively talk with family members, friends and healthcare professionals
- How to evaluate new treatments
- Techniques to deal with problems such as frustration, fatigue, isolation and poor sleep
- Exercises for maintaining and improving strength, flexibility and endurance
- Appropriate use of medications
- Nutrition
- Pacing activity and rest

**If you or someone you live with/care for has chronic pain, this workshop is designed for you!**

**Dates:** Six sessions – Mondays, October 30 – December 4, 2017

**Time:** 1 – 3:30 PM

**Place:** Center Port Huron  
Located at: First Congregational Church Port Huron  
723 Court Street, Port Huron 48060

**Cost:** \$15 – snacks will be served at all sessions  
\*\*\*NOTE – Scholarships for registration available, contact Diane Slingerland – (810) 982-9519

**For more Information:** Call Kris Swartzendruber – (989) 672-3870  
**To Register:** Call Center Port Huron – (810) 982-9519

*Please join us - your health matters!*



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