

# PATH

**Personal Action Towards Health**



This evidence-based practice was developed at Stanford University to help people learn techniques and strategies for the day-to-day management of chronic or long-term health conditions. The PATH workshop assists people living with chronic or long-term illness or disease to achieve the greatest possible physical health and pleasure from life. Workshop activities include problem solving, goal setting, and discussion of health topics.

**This group is offered twice each year.  
Please call for availability.**

**WELLNESS & RECOVERY ROOM  
307 W. Chicago Rd.  
Suite #260  
Sturgis, MI 49091**

**Questions? Contact Rebecca at (269) 467-1001, x.363**

Brought to you by the Wellness & Recovery Team of CMHSAS of St. Joseph County