

PATH (PERSONAL ACTION TOWARD HEALTH)



PATH is a complimentary six-week workshop designed to provide skills and tools to help people and their support persons living with a chronic condition such as arthritis, asthma, emphysema, hypertension, heart disease or depression live a healthier life.

This online workshop focuses on symptoms common to people with a variety of health conditions, with a goal to help participants become better self managers. Emphasis is placed on creating personal action plans and setting practical, achievable goals.

Topics discussed during this educational series include:

- strategies to help deal with problems such as pain, fatigue and difficult emotions
- managing medications
- ways to communicate with health care providers and family members
- healthy eating
- physical activity
- relaxation
- how to improve overall health and increase energy

These PATH virtual sessions allow you to participate online in the safety and convenience of your own home.



SIX-WEEK VIRTUAL WORKSHOPS AVAILABLE

DAY	SIX-WEEK COURSE	TIME
Tuesdays	Sept. 15: Informational session (<i>strongly encouraged</i>) Weekly sessions: Sept. 22, 29; Oct. 6, 13, 20, 27	6–8 p.m.
Wednesday	Nov. 4: Informational session (<i>strongly encouraged</i>) Weekly sessions: Nov. 11, 18, 25 Dec. 2, 9, 16	1–3 p.m.



TO REGISTER FOR ONE OF THESE VIRTUAL WORKSHOPS
CALL 800-633-7377 OR VISIT **CLASSES.BEAUMONT.ORG**