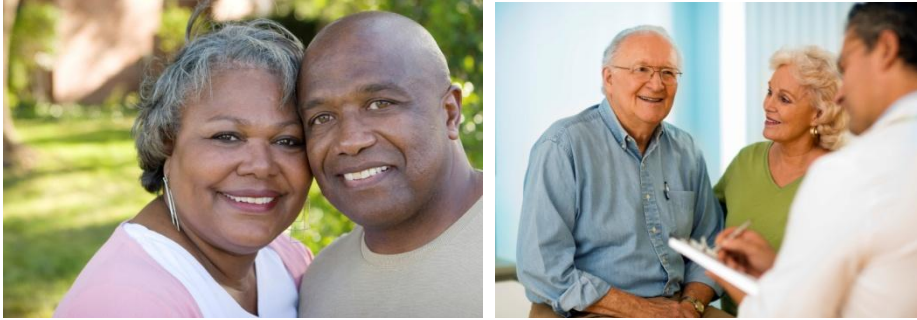


PARTICIPANTS PATH PROGRAM 2012 SCHEDULE

Workshops For Patients/Caregivers/Families



Workshops are held at:
Medical Network One
Westpark Professional Center
2865 West Road
Trenton, MI 48183

Time:
6:00 pm - 8:30 pm

Steps Toward a Healthier You

This workshop meets 2 ½ hours each week for 6 consecutive weeks. This workshop has been designed to help you manage your health and lead a better healthier life. It focuses on self-care, learning new coping strategies and sharing experiences with other group members. Topics include:

- Managing symptoms
- Communicating with health care professionals
- Dealing with anger, fear, pain, frustration and depression
- Fighting fatigue
- Problem solving and goal setting
- Relaxation and stress management

Steps Toward a Healthier You Workshop On Monday for 6 consecutive week:

1. February 20, 2012 – March 26, 2012
2. May 7, 2012 – June 11, 2012
3. August 6, 2012 – September 10, 2012
4. October 1, 2012 – November 5, 2012

For more Information or would like to register,
contact Jan Anderton at 248-475-4718 or janderton@mednetone.net

ONSITE Workshops Available!