



PARTICIPANTS PATH PROGRAM 2012 SCHEDULE

Workshops For Patients/Caregivers/Families



Workshops are held at:

Medical Network One
4986 Adams Road, Conference Room
Rochester, MI 48306

Time:

6:00pm – 8:30pm

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 Thursday for 6 consecutive week:

1. February 23, 2012 – March 29, 2012
2. May 17, 2012 – June 21, 2012
3. August 9, 2012 – September 13, 2012

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

ONSITE Workshops Available!



MEDICAL NETWORK ONE