



PARTICIPANTS PATH PROGRAM 2012 SCHEDULE

Workshops For Patients/Caregivers/Families



Workshops are held at:
Medical Network One
30061 Schoenherr Road, Suite C
Warren, MI 48088

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 Monday for 6 consecutive week:

1. January 9, 2012 – February 13, 2012
2. April 2, 2012 – May 7, 2012
3. June 25, 2012 – July 30, 2012
4. September 17, 2012 – October 22, 2012

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

ONSITE Workshops Available!