

P.A.T.H

PATH (Personal Action Toward Health) teaches practical skills for living a healthy life with an ongoing health condition.



PATH (Personal Action Toward Health)

Mondays

October 19, 2020 – November 23, 2020

1:30 pm – 3:30 pm

“The instructors made you feel very at ease. I did things that I would not ordinarily have done without the Action Planning activity. The session time seemed to hurry along and I was surprised when it ended!” Testimonial from PATH Participant.

WHAT YOU WILL LEARN:

- Deal with the challenges of not feeling well
- Talk to healthcare workers and family members
- Overcome stress and relax
- Increase your energy
- Handle everyday activities more easily
- Stay Independent

TO REGISTER

Contact Julie Schwarz at (269) 982-7759
or julieschwarz@areaagencyonaging.org

or visit

campusforcreativeaging.org

**Virtual Program
Through Zoom!**

**Developed and
Tested
by Stanford
University**

**A Fun, and
Interactive
Workshop to
Improve Your
Health
and Feel Better**

**6 Week
Class**



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**REGION IV
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Offering Choices for Independent Lives