



# Positive Action Towards Health (PATH) for Seniors

## A Self-Management Resource Program

For individuals age 60 and older with one or more  
Chronic Conditions.

Participants are guided to tailor the workshop content to their own  
needs. Increase confidence in your ability to manage your health &  
maintain an active, fulfilling life!

In an environment of mutual support and success building, learn  
techniques to deal with symptoms of chronic conditions such as:

- ♦ Fatigue
- ♦ Pain
- ♦ Sleeplessness
- ♦ Shortness of breath
- ♦ Stress
- ♦ Difficult emotions like anger,  
depression, frustration & fear

This workshop has 6 sessions, each 2-2.5 hours in length.

**There is no cost for this program. A free book & CD included!**

**Mondays, June 23 – July 28**

**1:00 pm to 3:30pm**

**Portage Commons**

**Senior Enrichment Center**

**133 N Williams St. | South Bend, IN 46601**



To register, scan the QR or call 574-284-7132!

# HEALTH EDUCATION



Program provided by funding through the Saint Joseph County Department of Health  
through the Health First Indiana Grant.