



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
- ♦ Shortness of breath
- ♦ Pain
- ♦ Stress
- ♦ Sleeplessness
- ♦ 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!

Tuesdays, August 19 – September 23

10:00 am to 12:30pm

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 may be provided in part by funding through Indiana Family and Social Services Administration through the Older American's Act and Saint Joseph County Department of Health through the Health First Indiana Grant.