



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!

October 17 – November 21

Fridays, 9:30 am to 12pm

St. Joseph Co. Public Library

Centre Township Branch

1150 Kern Rd. | South Bend, IN 46614



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

HEALTH EDUCATION

