



FREE Chronic Pain Workshop Personal Action Toward Health (PATH)

What is PATH:

Chronic Pain PATH is a self-management workshop designed for people living with chronic conditions such as diabetes, heart disease, asthma, arthritis and chronic pain. Participants learn important skills such as goal-setting, dealing with pain and fatigue, communicating with health care professionals and managing medications. Topics discussed during this educational series better equip individuals to face daily challenges of living with chronic pain conditions.



It's a Workshop: The evidenced based Pain PATH workshop meets once a week for six weeks. The workshop lasts about 2 hours, and is interactive. Participants are encouraged to share pain problems, listen and communicate with others in a group setting.

Who: Anyone living with chronic pain, any type of pain, and caregivers of those living with chronic pain are welcome to attend.

Where: Mason County Reformed Church, 45 S Amber Rd, Scottville, MI 49454

When: Tuesdays, April 7, 14, 21, 28 May 5, 12, 2020

Time: 1:00pm - 3:30pm

How to Attend: RSVP Required please call, Third Coast Family Practice at, 231.757.2500

By registering you are committing to attend all (6) sessions.



***You'll receive (2)
Free Gifts
for enrolling &
completing the
workshop!**

Funding supported by a State Opioid Response grant from the Michigan Department of Health and Human Service.