



CHRONIC PAIN PATH

2019



National Kidney Foundation®
of Michigan

Helping you take charge of your chronic pain!

Where:

Mayflower
Congregational Church
7301 Curtis Street
Detroit, MI 48221

When:

Wednesdays
10:00am-12:30pm

Sessions 1-6

April 24

May 1, 8, 15, 22, 29

To register call:

313-861-6450

**This workshop is provided
at no cost to you!**

During registration, please indicate if you need special accommodations in order to participate.

Chronic Pain Personal Action Toward Health (PATH) is a six week workshop led by certified leaders designed to help people living with chronic pain manage their health conditions and live a healthier, more enjoyable life.

** Since this is a full six week workshop, new participants are unable to join after the 2nd week. **

Learn how to:

- Challenge myths about dealing with pain
- Master techniques to deal with frustration, fatigue, isolation and poor sleep
- Pace yourself around activity and rest
- Exercise appropriately to maintain or improve strength and endurance
- Use medication wisely
- Work effectively with family and health care providers



For additional information please
contact the National Kidney Foundation of Michigan at 800-482-1455
or go to www.nkfm.org.

For other wellness programs in Michigan go to www.mihealthyprograms.org.