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FREE Personal Health Program Comes to Wayne County

Ann Arbor, Mich. (Sept. 3, 2008) – *The National Kidney Foundation of Michigan*, the *Arthritis Foundation*, *American House*, and other community partners are offering a **FREE WORKSHOP** to help Wayne County residents better manage long-term health problems.

The **Personal Action Toward Health (PATH)** Workshop meets once a week for six weeks to offer a variety of techniques for improving health and well-being.

The PATH program was developed at Stanford University and is designed to provide knowledge and skills to adults with chronic health conditions such as arthritis, heart disease, diabetes, emphysema, asthma, bronchitis, and depression.

Classes will be run by professional leaders and trained lay people who hold informal, small group discussions and provide easy-to-understand course materials. Instructors explain ways to reduce pain and stress, cope with fatigue, use medications wisely, and benefit from exercise. Participants also learn about self-help devices that can enhance daily activities, and are given an opportunity to ask questions about their health concerns.

The program is suited for both the newly-diagnosed as well as those seeking more aggressive management. The PATH program has been proven in studies to reduce symptoms and physician visits, as well as increase self-management abilities and communication with doctors.

Food and refreshments will be served at the workshop. Class sizes are limited. For more information please contact Laurie Gustafson at the National Kidney Foundation of Michigan at **800-482-1455 ext. 246**. Call to reserve a spot at one of the following locations:

Akwaaba Community Center

8045 2nd Ave., Detroit, MI 48201. (313) 871-2428

Dates: *Sat., 4:00-6:30PM. Sept. 6, 13, 20, 27; Oct. 4, 11*

Ecorse Senior Center

4072 W. Jefferson Ave. Ecorse, MI 48229. (313) 382-3305

Dates: *Sat., 10:00AM-12:30PM. Sept. 6, 13, 20, 27; Oct. 4, 11*

Dates: *Thurs., 6:00-8:30PM. Sept. 11, 18, 25; Oct. 2, 9, 16*

American House Westland I

1660 Venoy Road. Westland, MI 48186. (734) 326-7777

Dates: *Thurs., 1:30-4:00PM. Sept. 11, 18, 25; Oct. 2, 9, 16*

American House Livonia

11525 Farmington Road. Livonia, MI 48150. (734) 425-3050

Dates: *Tues., 1:30-4:00PM. Sept. 16, 13, 30; Oct. 7, 14, 21*