

# IMPROVING YOUR HEALTH

When You Have Hypertension, Arthritis, Depression or Other Chronic Conditions



**Personal Action Toward Health, or PATH**, is a complimentary six-week workshop designed to provide skills and tools to help people and their support persons living with a chronic condition such as arthritis, asthma, emphysema, hypertension, heart disease or depression live a healthier life.

This online workshop focuses on symptoms common to people with a variety of health conditions, with a goal to help participants become better self managers. Emphasis is placed on creating personal action plans and setting practical, achievable goals.

Topics discussed during this educational series include:

- healthy eating
- physical activity
- relaxation
- how to improve overall health and increase energy
- strategies to help deal with problems such as pain, fatigue and difficult emotions
- managing medications
- ways to communicate with health care providers and family members

These PATH virtual sessions allow you to participate online in the safety and convenience of your own home.

## SIX-WEEK VIRTUAL WORKSHOPS AVAILABLE

DAY	SIX-WEEK COURSE	TIME
Mondays	<b>Feb. 8:</b> Informational session ( <i>strongly encouraged</i> ) Weekly sessions: <b>Feb. 15, 22; March 1, 8, 15, 22</b>	1–3 p.m.
Thursdays	<b>May 13:</b> Informational session ( <i>strongly encouraged</i> ) Weekly sessions: <b>May 20, 27; June 3, 10, 17, 24</b>	10 a.m. to noon



TO REGISTER FOR ONE OF THESE VIRTUAL WORKSHOPS  
CALL **800-633-7377** OR VISIT **CLASSES.BEAUMONT.ORG**