



Online Chronic Pain PATH

(Personal Action Toward Health)

This program is
FREE & held online
via Zoom

TUESDAYS
Sept. 8 - Oct.13

Afternoon option

1:30—3:30pm

OR

Evening option

7—9PM

To REGISTER, click the
Afternoon or Evening
options above! Zoom links
will follow after registering.

For more info, contact:

Kai Gritter

Extension Educator

grittern@msu.edu

989-525-5777



Chronic Pain PATH is a six-week workshop supporting individuals who face daily challenges of living with chronic pain.

Discussion topics include:

- ◆ Ways to talk to family and friends about chronic pain
- ◆ How to manage medications & prevent misuse, and communicate with health professionals
- ◆ Ways to deal with frustration and understanding emotions
- ◆ Developing healthy eating and exercise plans... and lots more!

This workshop is held live in a group format – please plan to attend all six sessions to the best of your ability.

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

