



Be a Chronic Pain Leader on the

# PATH

to a Healthier Lifestyle

PATH — Personal Action Towards Health

## 2019 CHRONIC PAIN PATH Leader Training

Learn how to facilitate the **Chronic Pain PATH** Self-Management Program, a six -week course for individuals who have, or who are caring for someone with chronic pain. This International Evidence-Based, Disease Prevention Program was developed by Stanford University on the belief that individuals can manage their chronic health condition(s) and live a healthier lifestyle. Two leaders are required to facilitate a workshop.

### Training Topics Include:

- ◆ Preventing opioid misuse
- ◆ Ways to talk to family & friends about chronic pain.
- ◆ Manage medications
- ◆ Ways to deal with frustration
- ◆ Develop a healthy eating & exercise plan.



**Pre-registration is required.**

**To Register, Contact**  
Dawn Contreras, PhD  
at 517-353-3886  
or [contrer7@msu.edu](mailto:contrer7@msu.edu)

### MSU Extension Office

#### **Tollgate Conference Center**

28115 Meadowbrook Road, Novi, MI 48377

Monday August 12th  
9:00 am to 4:00 pm  
Tuesday August 13th  
9:00 am to 4:00 pm  
Wednesday August 14th  
9:00 am to 4:00 pm  
Thursday August 15th  
9:00 am to 4:00 pm

**No Cost, lunch & materials provided.**  
**Signed instructor letter of commitment required.**

*\*All four days of training must be attended.*

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