

## **P. A. T. H.**

We had a good meeting on Monday evening. Joannie Koets came to talk with us and describe a program called PATH (which stands for Personal Action Toward Health). This is a workshop that is geared toward those of us who have an ongoing health issue such as celiac/gluten intolerance! ~ or it could be asthma, diabetes, or even a combination of health problems ~ and shows us how to take care of ourselves, both physically and by becoming our own best advocate when talking with health care professionals, and also how to handle the emotional difficulties that accompany this life-changing diagnosis. It is a six-week program, meeting once a week. She brought a short video to show us the various aspects of the program and we all were given a handout to take home to look it over. There is no charge for this program, and family members are also encouraged to participate. Interested in learning more? Several of us did sign up for this program at our meeting, and if any of you are interested, just send back a note and we will get some information to you. We will also have information on this at our March support group meeting.

We talked about what frustrates us as we deal with this gluten-free life and also what are some positive happenings. Our celiac/gluten-free needs affect our families also and we need to talk – discuss with our families the difficulties and how we can work together to get through the rougher spots.