



Personal Action Toward Health (PATH) is designed to provide skills and tools to help people with long-term health problems and their support system to live healthier lives. Listed below are the PATH programs National Kidney Foundation of Michigan (NKFM) offers.

- **PATH** - people with a chronic health condition such as arthritis or hypertension
- **Diabetes PATH** - people who are living with Type 2 Diabetes
- **Chronic Pain PATH** - people living with chronic pain
- **Kidney PATH** - people with Chronic Kidney Disease (CKD). Two additional session specific to CKD.
- **Tomando Control De Su Salud** – entirely in Spanish and for people with a chronic health condition(s)
- **Cancer Thriving and Surviving (Cancer PATH)** – people that have cancer or are cancer survivors
- **Caregiver PATH** – caregivers of people with long term health condition(s).

**Please Note:** The last day for a new participant to join is the 2<sup>nd</sup> week of the workshop. All classes are free unless otherwise specified. Donations are accepted.

## Genesee County

### PATH - Davison Area Senior Center

10135 Lapeer Road

Davison, MI 48423

Fridays from 9:30am-12:00pm

- Sessions 1-6: March 2, 9, 16, 23, April 6 & 13<sup>th</sup>

To register contact Phyllis Jackson at 810-232-0522 or email [PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org)

### Diabetes PATH - Davison Area Senior Center

10135 Lapeer Road

Davison, MI 48423

Wednesdays from 9:30am-12:00pm

- Sessions 1-6: October 3, 10, 17, 24, 31 & November 7<sup>th</sup>

To register contact Davison Area Senior Center at 810-658-1566 or email [PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org)

## Livingston County

### Diabetes PATH – Ascension Medical

1225 S. Latson Road

Howell, MI 48843

Wednesdays from 1:00pm-3:30pm

- Sessions 1-6: April 11, 18, 25, May 2, 9 & 16<sup>th</sup>

To register call Health Connect: 1-866-501-3627

## Macomb County

### Diabetes PATH - Richmond Recreation Center

36164 Festival Drive

Richmond, MI 48062

Wednesdays from 12:30pm-3:00pm

- Sessions 1-6: March 7, 14, 21, 28, April 4 & 11<sup>th</sup>

To register call Health Connect: 1-866-501-3627

## Midland County

### Kidney PATH – MidMichigan Health

4000 Wellness Drive

Midland, MI 48670

Thursdays from 2:45pm-5:15pm

- Informational Session: March 1<sup>st</sup>

- Session 1-8: March 8, 15, 22, 29, April 5, 12, 19 & 26<sup>th</sup>

To register contact PATH Programs at 800-482-1455 or email [PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org)

## Oakland County

### Diabetes PATH - St. John Providence Park Hospital

47601 Grand River Ave

Novi, MI 48374

Mondays from 9:00am-11:30am

- Sessions 1-6: February 5, 12, 19, 26, March 7 & 14<sup>th</sup>

To register call Health Connect: 1-866-501-3627

### Kidney PATH – Greenfield Corporate Office

30100 Telegraph Road, Suite 200

Bingham Farms, MI 48025

CCS Board Room

Thursdays from 6:00pm-8:30pm

- Informational Session: February 22<sup>nd</sup>

- Sessions 1-8: March 1, 8, 15, 22, 29, April 5, 12 & 19<sup>th</sup>

To register contact PATH Programs at 800-482-1455 or email [PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org)

### Diabetes PATH – Southfield Wellness Center

15990 W. 9 Mile

Southfield, MI 48075

Fridays from 1:00pm-3:30pm

- Sessions 1-6: March 23, April 6, 13, 20, 27 & May 4<sup>th</sup>

To register call Health Connect: 1-866-501-3627

For additional information about the National Kidney Foundation of Michigan PATH workshops contact:

Lisa Hall, Program Coordinator – (800) 482 – 1455 ext. 242 • [PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org) or check out our website [www.nkfm.org/path](http://www.nkfm.org/path)

For additional PATH Workshops or other healthy programs in Michigan check out: <http://www.mihealthyprograms.org/>



### Diabetes PATH – Jewish Family Services

25900 Greenfield Road, Suite 405  
Oak Park, MI 48237  
Wednesdays from 5:00pm-7:30pm

- Sessions 1-6: April 11, 18, 25, May 2, 9 & 16<sup>th</sup>

To register call Beaumont Health (313) 586-5488 or register online at [www.beaumont.org/classes-events](http://www.beaumont.org/classes-events)

### Washtenaw County

#### Caregiver PATH - Milan Senior Center

45 Neckel Court  
Milan, MI 48160  
Mondays from 12:30pm-3:00pm

- Sessions 1-8: March 5, 12, 19, 26, April 2 & 9<sup>th</sup>

To register contact PATH Programs at 800-482-1455 or email [PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org)

### Wayne County

#### Cancer PATH - NKFM Detroit Office

7800 Outer Drive, Suite 203  
Detroit, MI 48235  
*\*Office is within the Henry Ford Medical Center building*  
Tuesdays from 12:30pm-3:00pm

- Sessions 1-6: January 30, February 6, 13, 20, 27 & March 6<sup>th</sup>

To register contact PATH Programs at 800-482-1455 or email [PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org)

#### Diabetes PATH - Salvation Army

3000 Conner Street  
Detroit, MI 48215  
Tuesdays from 1:00pm-3:30pm

- Sessions 1-6: February 6, 13, 20, 27, March 6 & 13<sup>th</sup>

To register call Beaumont Health (313) 586-5488 or register online at [www.beaumont.org/classes-events](http://www.beaumont.org/classes-events)

#### Diabetes PATH - Wayne Senior Services

4635 Howe  
Wayne, MI 48184  
Wednesdays from 6:00pm-8:30pm

- Sessions 1-6: February 21, 28, March 7, 14, 21 & 28<sup>th</sup>

To register call Beaumont Health (313) 586-5488 or register online at [www.beaumont.org/classes-events](http://www.beaumont.org/classes-events)

#### Diabetes PATH – St. Mary Mercy Livonia

36475 Five Mile Road  
Livonia, MI 48154  
Tuesdays from 1:30pm-4:00pm

- Sessions 1-6: March 6, 13, 20, 27, April 3 & 10<sup>th</sup>

To register call Community Connect at 734-655-8950

### Kidney PATH – Harper University Hospital

3990 John R Street  
Detroit, MI 48201  
Conference Room 1604  
\*\* Parking covered if you use valet  
Mondays 12:00pm-2:30pm

- Sessions 1-8: March 19, 26, April 9, 16, 23, 30, May 7 & 14<sup>th</sup>

To register contact PATH Programs at 800-482-1455 or email [PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org)

### Diabetes PATH – Henry Ford Centennial Library

16301 Michigan Avenue  
Dearborn, MI 48126  
Wednesdays from 5:30pm-8:00pm

- Sessions 1-6: March 21, 28, April 4, 11, 18 & 25<sup>th</sup>

To register call Beaumont Health (313) 586-5488 or register online at [www.beaumont.org/classes-events](http://www.beaumont.org/classes-events)

### Kidney PATH - Northville Health Center

39901 Traditions Drive  
Northville, MI 48168  
Saturdays from 10:00am-12:30pm

- Informational Session: April 14<sup>th</sup>
- Sessions 1-8: April 21, 28, May 5, 12, 19, June 2, 9 & 16<sup>th</sup>

To register contact PATH Programs at 800-482-1455 or email [PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org)

### Diabetes PATH – Taylor Senior Center

6750 Troy Street  
Taylor, MI 48180  
Mondays from 10:00pm-12:30p,

- Sessions 1-6: May 7, 14, 21, June 4, 11 & 18<sup>th</sup>

To register call Beaumont Health (313) 586-5488 or register online at [www.beaumont.org/classes-events](http://www.beaumont.org/classes-events)

### Diabetes PATH – East Grand Blvd COGIC

1432 E. Grand Blvd  
Detroit, MI 48211  
Mondays from 6:00pm-8:30pm

- Sessions 1-6: June 4, 11, 18, 25, July 2 & 9<sup>th</sup>

To register call Health Connect: 1-866-501-3627

For additional information about the National Kidney Foundation of Michigan PATH workshops contact:

Lisa Hall, Program Coordinator – (800) 482 – 1455 ext. 242 • [PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org) or check out our website [www.nkfm.org/path](http://www.nkfm.org/path)

For additional PATH Workshops or other healthy programs in Michigan check out: <http://www.mihealthyprograms.org/>