

# TAKE CHARGE OF YOUR HEALTH!

The National Kidney Foundation of Michigan offers **Personal Action Toward Health (PATH)** programs that provide skills and tools to help **you** live a healthier life. They are fun, interactive, multi-week workshops led by certified facilitators.

## Sign up today for a PATH workshop. You will:

- Gain confidence to manage everyday activities
- Reach your health goals by making action plans
- Learn ways to manage symptoms & decrease stress
- Connect with others - and more!



Scan the QR code  
to register, or  
visit [nkfm.org/  
PATH](https://nkfm.org/PATH)

## Types of PATH Workshops:

**Diabetes PATH** - For people living with type 2 diabetes

**Chronic Pain PATH** - For people living with chronic pain

**HBP Control** - For people living with high blood pressure

**Kidney PATH** - For people living with kidney disease

**Chronic Disease PATH** - For people with long-term health conditions

**Tomando Control de su Salud** - Delivered in Spanish; For people living with long-term health conditions

## Upcoming Zoom Workshops \*FREE\*

Access any PATH workshop with an internet connection on a computer, tablet or smartphone:

### Diabetes PATH

Thursdays at 6:00-8:00pm  
Info & Sessions 1-6: Sept. 26 - Nov. 14

Mondays at 6:00-8:00pm  
Info & Sessions 1-6: Oct. 21 - Dec. 2

### Chronic Disease PATH

Wednesdays at 4:00-6:00pm  
Info & Sessions 1-6: Oct. 16 - Nov. 20  
\*provided in Arabic

Mondays at 16:00-8:00pm  
Info & Sessions 1-6: Oct. 28 - Dec 9

### HBP Control

Tuesdays at 6:00-8:00pm  
Sessions 1-8: Oct. 15 - Dec 10

**800-482-1455 | [nkfm.org/PATH](https://nkfm.org/PATH) | [PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org)**

Telephone and in-person workshops available! Call or visit the website for information.



NATIONAL KIDNEY  
FOUNDATION®  
of Michigan



MICHIGAN Partners on the  
**PATH**



**Corewell  
Health™**



UNIVERSITY OF  
MICHIGAN HEALTH  
MICHIGAN MEDICINE

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