

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

Kidney PATH - For people living with kidney disease

HBP Control - For people living with high blood pressure

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

Mondays at 6:00pm - 8:00pm

Info & Sessions 1-6: March 24 - May 5

Thursdays at 6:00pm - 8:00pm

Info & Sessions 1-6: May 1 - June 12

Thursdays at 6:00 - 8:00pm

Info & Sessions 1-6: Sept. 18 - Oct. 30

Tuesdays at 6:00 - 8:00pm

Info & Sessions 1-6: Oct. 10 - Dec. 2

HBP Control

Wednesdays at 6:00pm - 7:30pm

Info & Sessions 1-6: April 9 - June 4

HBP Control

Mondays at 6:00pm - 7:30pm

Info & Sessions 1-6: June 23 - Aug. 18

Wednesdays at 6:00pm - 7:30pm

Info & Sessions 1-6: Oct. 1 - Dec. 3 (No class 11/27)

Kidney PATH

Tuesdays at 6:00pm-8:00pm

Info & Sessions 1-8: May 6 - July 1

Wednesdays at 1:00pm-3:00pm

Info & Sessions 1-8: Sept. 10 - Nov. 12 (No class 9/24)

Tuesdays at 6:00pm-8:00pm

Info & Sessions 1-8: Sept. 30 - Nov. 25

800-482-1455 | nkfm.org/PATH | PATHPrograms@nkfm.org

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



This workshop was supported, in part by grant number 90CSSG0051, from the Administration for Community Living, U.S. Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.