**Diabetes Prevention Program** - DPP helps those at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity and losing a modest amount of weight in order to reduce their chances of developing the disease.

**Personal Action Towards Health (PATH)** - The Stanford Chronic Disease Self-Management Program (PATH in Michigan) was developed and tested by Stanford University to help people learn to better manage their long-term health conditions. It is a six-week workshop conducted in 2 1/2 hour sessions each week. Workshops are offered in community locations. PATH workshops are also offered to people with specific health challenges such as diabetes, kidney disease, and chronic pain.

**Kids Camp** - Kids Camp is a special week of laughter, games and outdoor fun designed for children ages 8-16 with chronic kidney disease or a transplant. These kids have their special needs met while enjoying an exciting summer camp adventure.

**The Luann Scheppelmann-Eib Emergency Fund** - This program assists people with chronic kidney disease in times of financial crisis by providing $100 in assistance per person. The program serves more than 200 people each year.

**Regie’s Rainbow Adventure** - This classroom-based program targets pre-school and early elementary aged children and is designed to increase knowledge regarding nutrition and physical activity in a creative way using the colors of the rainbow and a super hero named Regie.

**EnhanceFitness** - is a free or low-cost physical activity program geared toward improving the overall functional fitness and well-being of primarily older adults, though all adults over 18 can participate.

**WHAT DOES YOUR MONEY SUPPORT?**

These are just a few of the programs the NKFM offers. For more information on all of our programs and services please visit our website at [www.nkfm.org](http://www.nkfm.org).