

Personal Action Toward Health 2022 Virtual Workshops

Personal Action Toward Health (PATH) is designed to provide skills and tools to help people with long-term health problems and their support systems to live healthier lives. The National Kidney Foundation of Michigan (NKFM) provides the following types of PATH workshops:

- **PATH** – people with ongoing health conditions such as arthritis, high blood pressure, depression, diabetes or pain
- **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)
- **Hypertension Control** – people who are living with high blood pressure

PATH workshops are offered in the following virtual formats:

- **Video conference - Zoom:** Video sessions held once per week at scheduled times with a small group of participants. Requires reliable internet connection and camera feature on computer, tablet, or phone. *See schedule of workshops listed below.*
- **Online - Better Choices Better Health:** Log in on your own time to review weekly content and communicate with other participants and leaders on discussion boards. Workshops consist of about 25 participants from across the country. To register visit: nkfm.org/bcbh.

Please Note: The last day to join is the 2nd week of the workshop. Workshops are free. Donations are accepted.

Upcoming Zoom Workshops

Kidney PATH

Kidney PATH (Virtual)

Thursdays at 1:00 - 3:00pm

Info Session: September 8

Sessions 1-8: September 15, 22, 29; October 6, 13, 20, 27; November 3

To register, visit: www.nkfm.org/KPATH or call 800-482-1455

Kidney PATH (Virtual)

Mondays at 6:00 - 8:00pm

Info Session: September 19

Sessions 1-8: September 26, October 3, 10, 17, 24, 31; November 7, 14

To register, visit: www.nkfm.org/KPATH or call 800-482-1455

For additional information about the National Kidney Foundation of Michigan PATH workshops contact: PATH Programs – (800) 482-1455 PATHPrograms@nkfm.org or check out our website www.nkfm.org/path For additional PATH Workshops or other health programs in Michigan check out: <http://www.mihealthyprograms.org/>

Diabetes PATH

Diabetes PATH (Virtual)

Thursdays 10:00 am-12:00 pm

Info Session: August 18

Session 1-6: August 25, September 1, 8, 15, 22, 29

To register contact: Ascension: 248-849-5752

Diabetes PATH (Virtual)

Mondays at 1:00 - 3:00pm

Info Session: August 15

Sessions 1-6: August 22, 29, September 12,19, 26, October (Skip Labor Day)

To register contact Beaumont: <http://classes.beaumont.org>

Diabetes PATH (Virtual)

Thursdays at 6:00 - 8:00pm

Info Session: September 8

Sessions 1-6: September 15, 22, 29, October 6, 13, 20

To register contact Beaumont: <http://classes.beaumont.org>

Diabetes PATH (Virtual)

Tuesdays at 1:00 - 3:00pm

Info Session: September 13

Sessions 1-6: September 20, 27, October 4, 11, 18, 25

To register contact Beaumont: <http://classes.beaumont.org>

Diabetes PATH (Virtual)

Wednesdays at 6:00 - 8:00pm

Info Session: October 5

Sessions 1-6: October 12, 19, 26, November 2, 9, 16

To register contact Beaumont: <http://classes.beaumont.org>

Chronic Pain PATH

Chronic Pain PATH (Virtual)

Mondays at 1:00 – 3:00pm

Session 1-6: August 8, 15, 22, 29, September 6 (*Tuesday), 12, 19

To register contact: Joely Lyons at jlyons@jfsdetroit.org or call 1-248-592-1995

Chronic Pain PATH *In-Person*

Mondays at 1:00 – 3:30pm

Sessions 1– 6: July 18, 25, August 1, 8, 15, 22

Location: Ford Senior Center, 6750 Troy St, Taylor, MI 48180

To register contact: PATHprograms@nkfm.org or 800-482-1455 ext 2320

For additional information about the National Kidney Foundation of Michigan PATH workshops contact: PATH Programs – (800) 482-1455 PATHPrograms@nkfm.org or check out our website www.nkfm.org/path For additional PATH Workshops or other health programs in Michigan check out: <http://www.mihealthyprograms.org/>

Chronic Pain PATH (Virtual)

Mondays at 6:00 - 8:00pm

Info Session: September 19

Sessions 1-6: September 26, October 3, 10, 17, 24, 31

To register contact Beaumont: <http://classes.beaumont.org>

Chronic Pain PATH *In-Person*

Wednesdays at 3:30pm-6pm

Info Session: October 5

Sessions 1-6: October 12, 19, 26, November 2, 9, 16

Location: Western Wayne Family Health Center, 2700 Hamlin Blvd, Inskter, MI 48141

Chronic Pain PATH *In-Person*

Thursday's 12:30 pm-3:00 pm

October 6, 13, 20, 27, November 3, 10.

Location: Providence Park Hospital – Conference rooms AB, Southeast Entrance, 47601 Grand River Ave, Novi, MI 48374

Register: 248-849-5752

PATH

PATH

Please contact NKFM to locate a PATH class near you or to be referred to an online version of this program.

Hypertension Control

Hypertension Control

Please contact NKFM to locate a HTN control class near you or to be referred to an online version of this program.

The NKFM offers a number of distance learning programs on disease prevention or management and physical activity for adults and kids. For more information, visit: nkfm.org/distancelearning.

The NKFM is committed to providing access, equal opportunity and reasonable accommodation in its programs. To request accommodation contact the PATH team at least ten days in advance at: 800-482-1455 or e-mail at PATHPrograms@nkfm.org.

For additional information about the National Kidney Foundation of Michigan PATH workshops contact: PATH Programs – (800) 482-1455 PATHPrograms@nkfm.org or check out our website www.nkfm.org/path For additional PATH Workshops or other health programs in Michigan check out: <http://www.mihealthyprograms.org/>