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](http://nkfm.org/bcbh).

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

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**Upcoming Zoom Workshops**

**Kidney PATH**

**Kidney PATH (Virtual)**

Wednesdays at 1:00 pm-3:00pm

Info Session: January 25 at 1:00 pm-2:00pm

Sessions 1-8: February 1, 8, 15, 22, March 1, 8, 15, 22

To register: Visit [www.nkfm.org/KPATH](http://www.nkfm.org/KPATH) or call (800) 482-1455

**Kidney PATH (Virtual)**

Tuesdays at 6:00 pm-8:00pm

Info Session: February 21 at 6:00-7:00pm

Sessions 1-8: February 28, March 7, 14, 21, 28, April 4, 11, 18

To register: Visit [www.nkfm.org/KPATH](http://www.nkfm.org/KPATH) or call (800) 482-1455

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For additional information about the National Kidney Foundation of Michigan PATH workshops contact: PATH Programs – (800) 482-1455 [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 health programs in Michigan check out: [http://www.mihealthyprograms.org/](http://www.mihealthyprograms.org/)
**Diabetes PATH**

**South Lyon Center for Active Adults (in person)**
1000 N Lafayette St. South Lyon 48178
Mondays 1:00 pm-3:30 pm
Sessions 1-6: January 23, 30, February 6, 13, (skip 20), 27 March 6
To register visit: [https://nkfm.org/diabetesPATH](https://nkfm.org/diabetesPATH) or 800-633-7377

**Diabetes PATH (Virtual)**
Mondays 6:00 pm-8:00 pm
Info session: February 6
Session 1-6: February 13, 20, 27, March 6, 13, 20
To register visit: [http://classes.beaumont.org](http://classes.beaumont.org) or [https://nkfm.org/diabetesPATH](https://nkfm.org/diabetesPATH) or call 800-633-7377

**Diabetes PATH (Virtual)**
Wednesdays 1:00 pm-3:00 pm
Info Session: February 15
Session 1-6: Session 1-6: February 22, March 1, 8, 15, 22, 29
To register visit: [http://classes.beaumont.org](http://classes.beaumont.org) or [https://nkfm.org/diabetesPATH](https://nkfm.org/diabetesPATH) or call 800-633-7377

**Diabetes PATH (Virtual)**
Tuesdays 6:00 pm-8:00 pm
Info Session: March 14
Session 1-6: March 21, 28, 4, 11, 18, 25
To register visit: [http://classes.beaumont.org](http://classes.beaumont.org) or [https://nkfm.org/diabetesPATH](https://nkfm.org/diabetesPATH) or call 800-633-7377

**Diabetes PATH (Virtual)**
Mondays 1:00 pm-3:00 pm
Info Session: April 03
Session 1-6: April 10, 17, 24; May 1, 8, 15
To register visit: [http://classes.beaumont.org](http://classes.beaumont.org) or call 800-633-7377

**Diabetes PATH (Virtual)**
Thursdays 6:00 pm-8:00 pm
Info Session: May 4
Sessions 1-6: May 11, 18, 25, June 1, 8, 15
To register visit: [http://classes.beaumont.org](http://classes.beaumont.org) or call 800-633-7377

**Chronic Pain**

**Chronic Pain PATH (In Person)**
Jewish Family Services of Detroit
Tuesdays at 1:00 pm-3:00 pm
Sessions 1-6: January 31, February 7, 14, 21, 28, March 7
To register contact: Joely Lyons at jlyons@jfsdetroit.org or call 1-248-592-1995

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Chronic Pain PATH (Virtual)
Tuesdays 6:00 pm-8:00 pm
Info Session: February 21
Sessions 1-6: February 28, March 7, 14, 21, 28 April 4
To register visit http://classes.beaumont.org or call 800-633-7377

Chronic Pain PATH (Virtual)
Thursdays 1:00 pm-3:00 pm
Info Session: May 18
Sessions 1-6: May 25, June 1, 8, 15, 22, 29
To register contact http://classes.beaumont.org or call 800-633-7377

Hypertension Control

Hypertension Control (Virtual)
Wednesdays at 1:00 – 2:30pm
Sessions 1-8: February 1, 8, 15, 22, March 1, 8, 15, 22
To register: Visit www.nkfm.org/HBPC or call (800) 482-1455

Hypertension Control (Virtual)
Tuesdays at 6:00 – 7:30pm
Sessions 1-8: January 24, 31, February 7, 14, 21, 28, March 7, 14
To register: Visit www.nkfm.org/HBPC or call (800) 482-1455

PATH

Please contact NKFM to locate a PATH 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.