



Personal Action Towards Health 2025 Workshops

Last Updated 12/1/2025

Personal Action Towards 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 who are living with chronic pain
- Kidney PATH - people who are living with Chronic Kidney Disease (CKD)
- Hypertension Control - people who are living with High Blood Pressure

PATH workshops are offered in the following formats:

- In-Person: on-site classroom sessions held once per week at scheduled times
- Distance Learning (ZOOM): Video sessions held once per week at scheduled times with a small group of participants. Requires reliable internet connection and camera feature on a computer, tablet or smart phone.

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

Upcoming Workshops

Diabetes PATH

Diabetes PATH

NKFM Distance Learning

Zoom

Course ID 5342

Course Language

Monday

at 6:00:00 PM

Information Session 2 /9 /2026

at 6:00:00 PM

Workshop Schedule

Session 1	2/16/2026	Session 4	3/9/2026
Session 2	2/23/2026	Session 5	3/16/2026
Session 3	3/2/2026	Session 6	3/23/2026

To register contact: Diabetes PATH

Visit www.nkfm.org/diabetesPATH or Call (800) 482-1455 or Email PATHPrograms@nkfm.org

For additional information about the National Kidney Foundation of Michigan's (NKFM) 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, visit www.mihealthyprograms.org

Diabetes PATH

NKFM Distance Learning Zoom Course ID 5343

Course Language English

Wednesday at 6:00:00 PM

Information Session 5 /6 /2026 at 6:00:00 PM

Workshop Schedule

Session 1	5/13/2026	Session 4	6/3/2026
Session 2	5/20/2026	Session 5	6/10/2026
Session 3	5/27/2026	Session 6	6/17/2026

To register contact: Diabetes PATH

Visit www.nkfm.org/diabetesPATH or Call (800) 482-1455 or Email PATHPrograms@nkfm.org

Chronic Pain

Chronic Pain

Center for Active Adults South Lyon Course ID 5331

Course Language English

Thursday at 1:00:00 PM

Information Session 2 /19/2026 at 1:00:00 PM

Workshop Schedule

Session 1	2/26/2026	Session 4	3/19/2026
Session 2	3/5/2026	Session 5	4/2/2026
Session 3	3/12/2026	Session 6	4/9/2026

To register contact: Center for Active Adults

Visit or Call (248) 573-8175 or Email

HBP Control

HBP Control

NKFM Distance Learning Zoom Course ID 5340

Course Language English

Thursday at 6:00:00 PM

Information Session 3 /19/2026 at 6:00:00 PM

Workshop Schedule

Session 1	3/26/2026	Session 5	4/23/2026
Session 2	4/2/2026	Session 6	4/30/2026
Session 3	4/9/2026	Session 7	5/7/2026
Session 4	4/16/2026	Session 8	5/14/2026

To register contact: HBP Control

Visit www.nkfm.org/HBPC or Call (800) 482-1455 or Email PATHPrograms@nkfm.org

HBP Control

Trenton Veterans Memorial Library Trenton Course ID 5329

Course Language English

Thursday at 1:00:00 PM

Information Session 4 /2 /2026 at 1:00:00 PM

Workshop Schedule

Session 1	4/9/2026	Session 5	5/7/2026
Session 2	4/16/2026	Session 6	5/14/2026
Session 3	4/23/2026	Session 7	5/21/2026
Session 4	4/30/2026	Session 8	5/28/2026

To register contact: HBP Control

Visit www.nkfm.org/HBPC or Call (800) 482-1455 or Email PATHPrograms@nkfm.org

Kidney Path

Kidney Path

NKFM Distance Learning

Zoom

Course ID 5341

Course Language English

Tuesday

at 6:00:00 PM

Information Session 5 /5 /2026

at 6:00:00 PM

Workshop Schedule

Session 1	5/12/2026	Session 5	6/9/2026
Session 2	5/19/2026	Session 6	6/16/2026
Session 3	5/26/2026	Session 7	6/23/2026
Session 4	6/2/2026	Session 8	6/30/2026

To register contact: Kidney PATH

Visit www.nkfm.org/KPATH

or Call (800) 482-1455 or Email PATHPrograms@nkfm.org

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.