



Personal Action Towards Health 2026 Workshops

Last Updated 5/6/2026

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.
- Online - Better Choices, Better Health: Log in on your own time to review weekly content and communicate with other participants and leads on discussion boards. Workshops consist of approximately 25 participants from across the country. To register, visit www.nkfm.org/bcbh

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

[Upcoming Workshops](#)

PATH

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

PATH

Canton Place Canton Course ID 5348

Course Language English

Thursday at 10:30:00 AM

Information Session 6 /4 /2026 at 10:30:00 AM

[Workshop Schedule](#)

Session 1	6/11/2026	Session 4	7/2/2026
Session 2	6/18/2026	Session 5	7/9/2026
Session 3	6/25/2026	Session 6	7/16/2026

To register contact: Belinda Terreault

Visit or Call (734) 981-6420 or Email bterreault@nationalchurchresidences.org

PATH

Saline Area Senior Center Saline Course ID 5347

Course Language English

Wednesday at 2:00:00 PM

Information Session at

[Workshop Schedule](#)

Session 1	7/22/2026	Session 4	8/12/2026
Session 2	7/29/2026	Session 5	8/19/2026
Session 3	8/5/2026	Session 6	8/26/2026

To register contact: Saline Area Senior Center

Visit or Call (734) 429-9274 or Email lewisa@salineschools.org

Diabetes PATH

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

HBP Control

Pittsfield Township Senior Center Ann Arbor Course ID 5355

Course Language English

Monday at 10:00:00 AM

Information Session 6 /15/2026 at 10:00:00 AM

Workshop Schedule

Session 1 6/22/2026 Session 5 7/20/2026

Session 2 6/29/2026 Session 6 7/27/2026

Session 3 7/6/2026 Session 7 8/3/2026

Session 4 7/13/2026 Session 8 8/10/2026

To register contact: HBP Control

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

HBP Control

NKFM Distance Learning Zoom Course ID 5349

Course Language English

Monday at 6:00:00 PM

Information Session 7 /13/2026 at 6:00:00 PM

Workshop Schedule

Session 1 7/27/2026 Session 5 8/24/2026

Session 2 8/3/2026 Session 6 8/31/2026

Session 3 8/10/2026 Session 7 9/14/2026

Session 4 8/17/2026 Session 8 9/21/2026

To register contact: HBP Control

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

Kidney Path

NKFM Distance Learning

Zoom

Course ID 5352

Course Language

Wednesday

at 1:00:00 PM

Information Session 9 /9 /2026

at 1:00:00 PM

Workshop Schedule

Session 1	9/16/2026	Session 5	10/14/2026
Session 2	9/23/2026	Session 6	10/21/2026
Session 3	9/30/2026	Session 7	10/28/2026
Session 4	10/7/2026	Session 8	11/4/2026

To register contact: PATH Programs

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

Kidney Path

NKFM Distance Learning

Zoom

Course ID 5353

Course Language English

Tuesday

at 6:00:00 PM

Information Session 9 /22/2026

at 6:00:00 PM

Workshop Schedule

Session 1	9/29/2026	Session 5	10/27/2026
Session 2	10/6/2026	Session 6	11/3/2026
Session 3	10/13/2026	Session 7	11/10/2026
Session 4	10/20/2026	Session 8	11/17/2026

To register contact: PATH Programs

Visit www.nkfm.org/chronicPATH 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.