



# Personal Action Towards Health 2024 Workshops

Last Updated 4/16/2024

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](http://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

#### PATH

Association of Chinese Americans/C      Madison Heig      Course ID      5237

Course Language      Mandarin

Thursday      at 9:30:00 AM

Information Session      4 /4 /2024      at

#### [Workshop Schedule](#)

Session 1      4/11/2024      Session 4      5/2/2024

Session 2      4/18/2024      Session 5      5/9/2024

Session 3      4/25/2024      Session 6      5/16/2024

**To register contact:**      Hong Lu

Visit      [hlu@acaccc.org](mailto:hlu@acaccc.org)

or Call

or Email      [hlu@acaccc.org](mailto:hlu@acaccc.org)

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

**PATH**

Taylor Ford Senior Center Taylor Course ID 5239

Course Language English

Tuesday at 9:00:00 AM

Information Session at

[Workshop Schedule](#)

Session 1 6/4/2024 Session 4 6/25/2024

Session 2 6/11/2024 Session 5 7/2/2024

Session 3 6/18/2024 Session 6 7/9/2024

**To register contact:** Kim Batko

Visit ext. 2431 or Call (734) 222-9800 or Email kbatko@nkfm.org

**Diabetes PATH****Diabetes PATH**

NKFM Distance Learning Zoom Course ID 5211

Course Language English

Monday at 12:00:00 PM

Information Session 4 /8 /2024 at 12:00:00 PM

[Workshop Schedule](#)

Session 1 4/22/2024 Session 4 5/13/2024

Session 2 4/29/2024 Session 5 5/20/2024

Session 3 5/6/2024 Session 6 5/27/2024

**To register contact:** Diabetes PATHVisit [www.nkfm.org/diabetesPATH](http://www.nkfm.org/diabetesPATH) or Call (800) 482-1455 or Email [PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org)**Diabetes PATH**

NKFM Distance Learning Zoom Course ID 5212

Course Language English

Thursday at 6:00:00 PM

Information Session 5 /2 /2024 at 6:00:00 PM

[Workshop Schedule](#)

Session 1 5/9/2024 Session 4 5/30/2024

Session 2 5/16/2024 Session 5 6/6/2024

Session 3 5/23/2024 Session 6 6/13/2024

**To register contact:** Diabetes PATHVisit [www.nkfm.org/diabetesPATH](http://www.nkfm.org/diabetesPATH) or Call (800) 482-1455 or Email [PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org)

**Diabetes PATH**

Livonia Senior Center Livonia Course ID 5246

Course Language English

Tuesday at 1:00:00 PM

Information Session at

[Workshop Schedule](#)

Session 1	7/16/2024	Session 4	8/6/2024
Session 2	7/23/2024	Session 5	8/13/2024
Session 3	7/30/2024	Session 6	8/20/2024

**To register contact:** Diabetes PATHVisit [www.nkfm.org/diabetesPATH](http://www.nkfm.org/diabetesPATH) or Call (800) 482-1455 or Email [PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org)**Diabetes PATH**

Trenton Veterans Memorial Library Trenton Course ID 5240

Course Language English

Thursday at 1:00:00 PM

Information Session at

[Workshop Schedule](#)

Session 1	8/1/2024	Session 4	8/22/2024
Session 2	8/8/2024	Session 5	8/29/2024
Session 3	8/15/2024	Session 6	9/5/2024

**To register contact:** Kim BatkoVisit ext. 2431 or Call (734) 222-9800 or Email [kbatko@nkfm.org](mailto:kbatko@nkfm.org)**Chronic Pain****Chronic Pain**

NKFM Distance Learning Zoom Course ID 5214

Course Language English

Wednesday at 12:00:00 PM

Information Session 5 /1 /2024 at 12:00:00 PM

[Workshop Schedule](#)

Session 1	5/8/2024	Session 4	5/29/2024
Session 2	5/15/2024	Session 5	6/5/2024
Session 3	5/22/2024	Session 6	6/12/2024

**To register contact:** Chronic Pain PATHVisit [www.nkfm.org](http://www.nkfm.org) or Call (800) 482-1455 or Email [PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org)

## HBP Control

### HBP Control

Rockford Public Schools Administrat Rockford Course ID 5230

Course Language English

Thursday at 10:00:00 AM

Information Session at

#### Workshop Schedule

Session 1	5/2/2024	Session 5	5/30/2024
Session 2	5/9/2024	Session 6	6/6/2024
Session 3	5/16/2024	Session 7	6/13/2024
Session 4	5/23/2024	Session 8	6/20/2024

To register contact: Rockford Public Schools

Visit <https://kidneymi.org/HBP-RPS> or Call (616) 863-6322 or Email

### HBP Control

UMH-W Professional Building - Man Wyoming Course ID 5234

Course Language English

Monday at 1:00:00 PM

Information Session at

#### Workshop Schedule

Session 1	5/6/2024	Session 5	6/3/2024
Session 2	5/13/2024	Session 6	6/10/2024
Session 3	5/20/2024	Session 7	6/17/2024
Session 4	5/27/2024	Session 8	6/24/2024

To register contact: HBP Control

Visit [www.nkfm.org/HBPC](http://www.nkfm.org/HBPC) or Call (800) 482-1455 or Email [PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org)

## HBP Control

Taylor Ford Senior Center Taylor Course ID 5238

Course Language English

Wednesday at 10:00:00 AM

Information Session at

### [Workshop Schedule](#)

Session 1	5/29/2024	Session 5	6/26/2024
Session 2	6/5/2024	Session 6	7/3/2024
Session 3	6/12/2024	Session 7	7/10/2024
Session 4	6/19/2024	Session 8	7/17/2024

To register contact: Kim Batko

Visit ext. 2431 or Call (734) 222-9800 or Email [kbatko@nkfm.org](mailto:kbatko@nkfm.org)

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## HBP Control

NKFM Distance Learning Zoom Course ID 5245

Course Language English

Monday at 6:00:00 PM

Information Session at

### [Workshop Schedule](#)

Session 1	6/3/2024	Session 5	7/1/2024
Session 2	6/10/2024	Session 6	7/8/2024
Session 3	6/17/2024	Session 7	7/15/2024
Session 4	6/24/2024	Session 8	7/22/2024

To register contact: HBP Control

Visit [www.nkfm.org/HBPC](http://www.nkfm.org/HBPC) or Call (800) 482-1455 or Email [PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org)

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**HBP Control**

Yankee Clipper Library Grand Rapids Course ID 5248

Course Language English

Monday at 1:00:00 PM

Information Session at

Workshop Schedule

Session 1	7/1/2024	Session 5	7/29/2024
Session 2	7/8/2024	Session 6	8/5/2024
Session 3	7/15/2024	Session 7	8/12/2024
Session 4	7/22/2024	Session 8	8/19/2024

To register contact: HBP Control

Visit [www.nkfm.org/HBPC](http://www.nkfm.org/HBPC) or Call (800) 482-1455 or Email [PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org)

**HBP Control**

Lowell Senior Neighbors Lowell Course ID 5249

Course Language English

Wednesday at 9:00:00 AM

Information Session at

Workshop Schedule

Session 1	7/3/2024	Session 5	7/31/2024
Session 2	7/10/2024	Session 6	8/7/2024
Session 3	7/17/2024	Session 7	8/14/2024
Session 4	7/24/2024	Session 8	8/21/2024

To register contact: HBP Control

Visit [www.nkfm.org/HBPC](http://www.nkfm.org/HBPC) or Call (800) 482-1455 or Email [PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org)

**Kidney Path**



## Kidney Path

Radcliff Center Garden City Course ID 5247

Course Language English

Wednesday at 10:00:00 AM

Information Session at

### [Workshop Schedule](#)

Session 1	7/10/2024	Session 5	8/7/2024
Session 2	7/17/2024	Session 6	8/14/2024
Session 3	7/24/2024	Session 7	8/21/2024
Session 4	7/31/2024	Session 8	8/28/2024

**To register contact:** Danielle Willems

Visit [www.nkfm.org/KPATH](#) or Call (734) 793-1856 or Email [daniellew@gardencitymi.org](mailto:daniellew@gardencitymi.org)

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## Kidney Path

NKFM Distance Learning Zoom Course ID 5242

Course Language English

Wednesday at 1:00:00 PM

Information Session 9/11/2024 at 1:00:00 PM

### [Workshop Schedule](#)

Session 1	9/18/2024	Session 5	10/16/2024
Session 2	9/25/2024	Session 6	10/23/2024
Session 3	10/2/2024	Session 7	10/30/2024
Session 4	10/9/2024	Session 8	11/6/2024

**To register contact:** Kidney PATH

Visit [www.nkfm.org/KPATH](http://www.nkfm.org/KPATH) or Call (800) 482-1455 or Email [PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org)

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