

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
- O 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)
- **O** Hypertension Control people who are living with High Blood Pressure

PATH workshops are offered in the following formats:

- O 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 leards on discussion boards. Workshops consist of approxiamately 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								
РАТН								
Association	n of Chine	ese American	s/C	Madiso	n Heig Cou	rse ID 52	37	
Course Lang	guage	Mandarin						
Thursday			at	9:30:00	AM			
Informatior	1 Session	4 /4 /2024	at					
Works	hop Sched	<u>dule</u>						
Session	1 4	1/11/2024	Sessio	n 4	5/2/2024			
Session	2 4	1/18/2024	Sessio	n 5	5/9/2024			
Session	3 4	1/25/2024	Sessio	n 6	5/16/2024			
To register	contact:	Hong Lu						
Visit hlu	u@acaccc.o	org	or	Call		or Email	hlu@acaccc.org	

PATH			•	5000
Taylor Ford Senio		Tayloi	Course ID	5239
Course Language	English		~	
Tuesday		at 9:00:0	0 AM	
Information Session		at		
Workshop Sc	hedule			
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 conta	act: Kim Batk			
Visit ext. 2431		or Call (7	34) 222-9800 or En	nail kbatko@nkfm.org
oetes PATH				
Diabetes PATH				
NKFM Distance L	earning	Zoom	Course ID	5211
Course Language	English			
Monday		at 12:00:	00 PM	
Information Session	on 4/8/2024	at 12:00:	00 PM	
Workshop Sc	hedule			
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 conta	act: Diabetes	PATH		
Visit www.nkf	m.org/diabetesF	ATH or Call (8	00) 482-1455 or En	nail PATHPrograms@nkfm.org
Diabetes PATH				
NKFM Distance L	earning	Zoom	Course ID	5212
Course Language	English			
Thursday		at 6:00:0	0 PM	
Information Session	on 5/2/2024	at 6:00:0	0 PM	
Workshop Sc	hedule			
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 conta	act: Diabetes	PATH		

	Diabetes PATH				
	Livonia Senior Cer	tor	Livonia	Course ID	5246
			LIVOUIA	Course ID	5270
	Course Language Tuesday			PM	
	·		at 1:00:00	FIVI	
	Information Session		at		
	Workshop Sch				
	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 contac	ct: Diabetes P	ATH		
_	Visit www.nkfm	n.org/diabetesPA	TH or Call (80	0) 482-1455 or Em	nail PATHPrograms@nkfm.org
	Diabetes PATH				
	Trenton Veterans	Memorial Libra	ary Trento	n Course ID	5240
	Course Language	English			
	Thursday		at 1:00:00		
	Information Sessior	ı	at		
	Workshop Sch	edule			
	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 contac	t: Kim Batko			
_	Visit ext. 2431		or Call (73	4) 222-9800 or Em	nail kbatko@nkfm.org
Chro	onic Pain				
	Chronic Pain				
	NKFM Distance Le	arning	Zoom	Course ID	5214
	Course Language	English			
	Wednesday		at 12:00:0	0 PM	
	Information Sessior	n 5/1/2024	at 12:00:0	0 PM	
	Workshop Sch				
	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 contac				
	Visit www.nkfm			0) 482-1455 or Em	nail PATHPrograms@nkfm.org
		-	•		

HBP Control			
Rockford Public	Schools Admini	strat Rock	ford Course ID 5230
Course Language	English		
Thursday		at 10:00	0:00 AM
Information Sessi	on	at	
Workshop Se	<u>chedule</u>		
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 cont	act: Rockford	l Public Schools	
Visit https://k	kidneymi.org/HBI	P-RPS or Call (616) 863-6322 or Email
HBP Control UMH-W Profess Course Language	ional Building - English	Man Wyo	ming Course ID 5234
UMH-W Profess	-	Man Wyo at 1:00:	0
UMH-W Profess Course Language	English		0
UMH-W Profess Course Language Monday	English	at 1:00:	0
UMH-W Profess Course Language Monday Information Sessi	English	at 1:00:	0
UMH-W Profess Course Language Monday Information Sessi <u>Workshop Se</u>	English on <u>chedule</u>	at 1:00: at	00 PM
UMH-W Profess Course Language Monday Information Sessi <u>Workshop Se</u> Session 1	English on <u>chedule</u> 5/6/2024	at 1:00: at Session 5	00 PM 6/3/2024
UMH-W Profess Course Language Monday Information Sessi <u>Workshop Session 1</u> Session 2	English on <u>chedule</u> 5/6/2024 5/13/2024	at 1:00: at Session 5 Session 6	00 PM 6/3/2024 6/10/2024

Taylor Ford Seni	or Center	Tayl	or Course ID 5238	
Course Language	English			
Wednesday		at 10:0	0:00 AM	
Information Sessi	on	at		
Workshop So	<u>chedule</u>			
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 cont	act: Kim Batk	0		
Visit ext. 2431	L	or Call	734) 222-9800 or Email kbatko@nkfm.org	
HBP Control				
		Zooi	n Course ID 5245	
NKFM Distance	English	2001		
Course Language	ELIGIIZI			
Monday		at 6.00		
	-	at 6:00	00 PM	
Information Sessi	on	at 6:00 at	:00 PM	
Workshop So	on chedule	at		
Information Session Workshop Session 1	on <u>chedule</u> 6/3/2024	at Session 5	7/1/2024	
Information Session Workshop Session 1 Session 2	on <u>chedule</u> 6/3/2024 6/10/2024	at Session 5 Session 6	7/1/2024 7/8/2024	
Information Session Workshop Session 1	on <u>chedule</u> 6/3/2024	at Session 5	7/1/2024	
Information Session Workshop Session 1 Session 2	on <u>chedule</u> 6/3/2024 6/10/2024	at Session 5 Session 6	7/1/2024 7/8/2024	
Information Session Workshop Session 1 Session 2 Session 3	on <u>chedule</u> 6/3/2024 6/10/2024 6/17/2024 6/24/2024	at Session 5 Session 6 Session 7 Session 8	7/1/2024 7/8/2024 7/15/2024	

	P Control							
Yar	nkee Clipper L	ibrary	Gran	nd Rapids Course ID 5248				
Οοι	urse Language	English						
Мо	onday		at 1:00:	at 1:00:00 PM				
Info	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				
То	register cont	act: HBP Cont	trol					
Visi	it www.nkf	m.org/HBPC	or Call ((800) 482-1455 or Email PATHPrograms@nkfm.org				
HB	P Control							
Lo۱	well Senior Ne	eighbors	Lowell Course ID 5249					
Cοι	urse Language	English						
We	dnesday		at 9:00:00 AM					
Info	ormation Sessi	on	at					
	Workshop So	<u>chedule</u>						
	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				
То	register cont	act: HBP Cont	trol					
Visi	it www.nkf	fm.org/HBPC	or Call ((800) 482-1455 or Email PATHPrograms@nkfm.org				
	Dath							
iney	Path							

Kidney Path		
NKFM Distance L	earning	Zoom Course ID 5241
Course Language	English	
Tuesday		at 6:00:00 PM
Information Sessio	n 4/30/2024	at 6:00:00 PM
<u>Workshop Sc</u>	<u>hedule</u>	
Session 1	5/7/2024	Session 5 6/4/2024
Session 2	5/14/2024	Session 6 6/11/2024
Session 3	5/21/2024	Session 7 6/18/2024
Session 4	5/28/2024	Session 8 6/25/2024
To register conta	ict: Kidney PA	ТН
Visit www.nkfr	m.org/KPATH	or Call (800) 482-1455 or Email PATHPrograms@nkfm.org
Kidney Path NKFM Distance L	earning	Zoom Course ID 5231
Course Language	C	
	English	
Wednesday	English	at 2:00:00 PM
Wednesday Information Sessio		at 2:00:00 PM at 2:00:00 PM
Wednesday Information Sessio <u>Workshop Sc</u>	on 5/8/2024	
Information Sessio	on 5/8/2024	
Information Session	on 5 /8 /2024 hedule	at 2:00:00 PM
Information Session Workshop Sc Session 1	on 5 /8 /2024 <u>hedule</u> 5/15/2024	at 2:00:00 PM Session 5 6/12/2024
Information Session Workshop Sc Session 1 Session 2	on 5 /8 /2024 hedule 5/15/2024 5/22/2024	at 2:00:00 PM Session 5 6/12/2024 Session 6 6/19/2024
Information Session Workshop Sc Session 1 Session 2 Session 3	on 5 /8 /2024 hedule 5/15/2024 5/22/2024 5/29/2024 6/5/2024	at 2:00:00 PM Session 5 6/12/2024 Session 6 6/19/2024 Session 7 6/26/2024 Session 8 7/3/2024

Kidney Path				
Radcliff Center		Garde	n City Course ID	5247
Course Language	English			
Wednesday		at 10:00:	00 AM	
Information Session	on	at		
Workshop Sc	<u>hedule</u>			
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 conta	act: Danielle W	Villems		
Visit		or Call (73	34) 793-1856 or Em	ail daniellew@gardencitymi.org
Kidney Path				
NKFM Distance L	earning	Zoom	Course ID	5242
Course Language	English			
Wednesday		at 1:00:0	0 PM	
Information Sessio	on 9/11/2024	at 1:00:0	0 PM	
Workshop Sc		at 1:00:0	0 PM	
		at 1:00:0 Session 5	0 PM 10/16/2024	
Workshop Sc	hedule			
Workshop Sc Session 1	<u>hedule</u> 9/18/2024	Session 5	10/16/2024	
Workshop Sc Session 1 Session 2	hedule 9/18/2024 9/25/2024	Session 5 Session 6	10/16/2024 10/23/2024	
Workshop Sc Session 1 Session 2 Session 3	hedule 9/18/2024 9/25/2024 10/2/2024 10/9/2024	Session 5 Session 6 Session 7 Session 8	10/16/2024 10/23/2024 10/30/2024	

Kidney Path						
NKFM Distance Lea	rning		Zoom		Course ID	5243
Course Language	English					
Tuesday		at	6:00:00	PM		
Information Session	9 /24/2024	at	6:00:00	PM		
Workshop Sche	<u>dule</u>					
Session 1	10/1/2024	Sessio	า 5	10/29/2	2024	
Session 2	10/8/2024	Sessio	n 6	11/5/20)24	
Session 3	10/15/2024	Sessio	า 7	11/12/2	2024	
Session 4	10/22/2024	Sessio	า 8	11/19/2	2024	
To register contact	: Kidney PAT	Н				
 Visit www.nkfm.	org/KPATH	or	Call (800)) 482-14	55 or Em	ail 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.