



# Personal Action Towards Health

## 2023 Workshops

Last Updated 3/18/2024

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 5210

Course Language English

Tuesday at 6:00:00 PM

Information Session 3 /12/2024 at 6:00:00 PM

[Workshop Schedule](#)

Session 1	3/19/2024	Session 4	4/9/2024
Session 2	3/26/2024	Session 5	4/16/2024
Session 3	4/2/2024	Session 6	4/23/2024

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

## 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 PATH

Visit [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 PATH

Visit [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 Batko

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

## Chronic Pain

## Chronic Pain

New Prospect Missionary Baptist Ch      Detroit      Course ID 5222

Course Language      English

Thursday      at 10:00:00 AM

Information Session      at

### [Workshop Schedule](#)

Session 1	4/4/2024	Session 4	4/25/2024
Session 2	4/11/2024	Session 5	5/2/2024
Session 3	4/18/2024	Session 6	5/9/2024

**To register contact:**      Deborah Pollard

Visit      or Call (313) 864-2853      or Email pollarddeb@sbcglobal.net

## 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 PATH

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

## HBP Control

## HBP Control

NKFM Distance Learning

Zoom

Course ID 5227

Course Language English

Wednesday at 6:00:00 PM

Information Session at

### [Workshop Schedule](#)

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

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

Georgetown Senior Center

Jenison

Course ID 5229

Course Language English

Monday at 2:00:00 PM

Information Session at

### [Workshop Schedule](#)

Session 1	4/1/2024	Session 5	4/29/2024
Session 2	4/8/2024	Session 6	5/6/2024
Session 3	4/15/2024	Session 7	5/13/2024
Session 4	4/22/2024	Session 8	5/20/2024

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

Potawatomi Heritage Center

Wilson

Course ID 5233

Course Language English

Wednesday at 10:00:00 AM

Information Session at

### [Workshop Schedule](#)

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

**To register contact:** Kelly Hansen

Visit or Call (906) 723-2570 or Email

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## HBP Control

NKFM Distance Learning

Zoom

Course ID 5228

Course Language English

Tuesday at 12:00:00 PM

Information Session at

### [Workshop Schedule](#)

Session 1	4/9/2024	Session 5	5/7/2024
Session 2	4/16/2024	Session 6	5/14/2024
Session 3	4/23/2024	Session 7	5/21/2024
Session 4	4/30/2024	Session 8	5/28/2024

**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

Caledonia Resource Center

Caledonia

Course ID 5235

Course Language English

Monday at 10:30:00 AM

Information Session at

### [Workshop Schedule](#)

Session 1	4/15/2024	Session 5	5/13/2024
Session 2	4/22/2024	Session 6	5/20/2024
Session 3	4/29/2024	Session 7	5/27/2024
Session 4	5/6/2024	Session 8	6/3/2024

**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

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

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## 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)

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## 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)

## Kidney Path

### Kidney Path

NKFM Distance Learning

Zoom

Course ID 5241

Course Language English

Tuesday at 6:00:00 PM

Information Session 4 /30/2024 at 6:00:00 PM

### [Workshop Schedule](#)

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 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)

## Kidney Path

NKFM Distance Learning

Zoom

Course ID 5231

Course Language English

Wednesday at 2:00:00 PM

Information Session 5 /8 /2024 at 2:00:00 PM

### Workshop Schedule

Session 1	5/15/2024	Session 5	6/12/2024
Session 2	5/22/2024	Session 6	6/19/2024
Session 3	5/29/2024	Session 7	6/26/2024
Session 4	6/5/2024	Session 8	7/3/2024

**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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## 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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## Kidney Path

NKFM Distance Learning

Zoom

Course ID 5243

Course Language English

Tuesday at 6:00:00 PM

Information Session 9 /24/2024 at 6:00:00 PM

### Workshop Schedule

Session 1	10/1/2024	Session 5	10/29/2024
Session 2	10/8/2024	Session 6	11/5/2024
Session 3	10/15/2024	Session 7	11/12/2024
Session 4	10/22/2024	Session 8	11/19/2024

**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)

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](http://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](mailto:PATHPrograms@nkfm.org).