



Personal Action Towards Health 2024 Workshops

Last Updated 5/1/2024

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

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

[Upcoming Workshops](#)

PATH

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

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

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 or Call (800) 482-1455 or Email 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 or Call (800) 482-1455 or Email 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

Diabetes PATH

NKFM Distance Learning **Zoom** Course ID 5258

Course Language **English**

Thursday at 6:00:00 PM

Information Session 9/26/2024 at 6:00:00 PM

[Workshop Schedule](#)

Session 1	10/3/2024	Session 4	10/24/2024
Session 2	10/10/2024	Session 5	11/7/2024
Session 3	10/17/2024	Session 6	11/14/2024

To register contact: Diabetes PATH

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

Diabetes PATH

NKFM Distance Learning **Zoom** Course ID 5259

Course Language **English**

Wednesday at 1:00:00 PM

Information Session 10/9/2024 at 1:00:00 PM

[Workshop Schedule](#)

Session 1	10/16/2024	Session 4	11/6/2024
Session 2	10/23/2024	Session 5	11/13/2024
Session 3	10/30/2024	Session 6	11/20/2024

To register contact: Diabetes PATH

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

Diabetes PATH

NKFM Distance Learning **Zoom** Course ID 5260

Course Language **English**

Monday at 6:00:00 PM

Information Session 10/21/2024 at 6:00:00 PM

[Workshop Schedule](#)

Session 1	10/28/2024	Session 4	11/18/2024
Session 2	11/4/2024	Session 5	11/25/2024
Session 3	11/11/2024	Session 6	12/2/2024

To register contact: Diabetes PATH

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

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

Chronic Pain

Center for Active Adults South Lyon Course ID 5252

Course Language English

Wednesday at 1:00:00 PM

Information Session at

Workshop Schedule

Session 1	9/18/2024	Session 4	10/9/2024
Session 2	9/25/2024	Session 5	10/16/2024
Session 3	10/2/2024	Session 6	10/23/2024

To register contact: Center for Active Adults

Visit or Call (248) 573-8175 or Email

Chronic Pain

NKFM Distance Learning Zoom Course ID 5261

Course Language English

Wednesday at 6:00:00 PM

Information Session 9 /18/2024 at 6:00:00 PM

Workshop Schedule

Session 1	9/25/2024	Session 4	10/16/2024
Session 2	10/2/2024	Session 5	10/23/2024
Session 3	10/9/2024	Session 6	10/30/2024

To register contact: Chronic Pain PATH

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

Chronic Pain

NKFM Distance Learning Zoom Course ID 5262

Course Language English

Tuesday at 12:00:00 PM

Information Session 10/1 /2024 at 12:00:00 PM

Workshop Schedule

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

To register contact: Chronic Pain PATH

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

HBP Control

HBP Control

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

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

HBP Control

Baxter Community Center Grand Rapids Course ID 5254

Course Language English

Tuesday at 6:00:00 PM

Information Session at

Workshop Schedule

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

To register contact: HBP Control

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

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

HBP Control

NKFM Distance Learning Zoom Course ID 5250

Course Language English

Monday at 6:00:00 PM

Information Session at

[Workshop Schedule](#)

Session 1	9/9/2024	Session 5	10/7/2024
Session 2	9/16/2024	Session 6	10/14/2024
Session 3	9/23/2024	Session 7	10/21/2024
Session 4	9/30/2024	Session 8	10/28/2024

To register contact: HBP Control

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

HBP Control

Chelsea Wellness Center Chelsea Course ID 5263

Course Language English

Wednesday at 1:00:00 PM

Information Session at

[Workshop Schedule](#)

Session 1	9/25/2024	Session 5	10/23/2024
Session 2	10/2/2024	Session 6	10/30/2024
Session 3	10/9/2024	Session 7	11/6/2024
Session 4	10/16/2024	Session 8	11/13/2024

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 5251

Course Language English

Tuesday at 6:00:00 PM

Information Session at

Workshop Schedule

Session 1	10/15/2024	Session 5	11/12/2024
Session 2	10/22/2024	Session 6	11/19/2024
Session 3	10/29/2024	Session 7	11/26/2024
Session 4	11/5/2024	Session 8	12/3/2024

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 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 or Call (800) 482-1455 or Email 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

or Call (800) 482-1455

or Email PATHPrograms@nkfm.org

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

or Call (734) 793-1856

or Email daniellew@gardencitymi.org

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

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 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.