

Personal Action Towards Health 2024 Workshops

Last Updated 5/13/2024

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:

0	PATH - people with ongoing health conditions such as arthritis, high blood pressure, depression, diabetes, or pain
0	Diabetes PATH - people who are living with Type-2 Diabetes
0	Chronic Pain PATH - people who are living with chronic pain
0	Kidney PATH - people who are living with Chronic Kidney Disease (CKD)
0	Hypertension Control - people who are living with High Blood Pressure
PATH \	workshops are offered in the following formats:
0	In-Person: on-site classroom sessions held once per week at scheduled times
0	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.
0	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

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

approxiamately 25 participants from across the country. To register, visit www.nkfm.org/bcbh

Upcoming Workshops

\TH			
PATH			
Taylor Ford Senior	Center	Т	aylor Course ID 5239
Course Language	English		
Tuesday		at 9	0:00:00 AM
Information Session		at	
Workshop Sch	<u>edule</u>		
Session 1	6/4/2024	Session 4	4 6/25/2024
Session 2	6/11/2024	Session 5	5 7/2/2024
Session 3	6/18/2024	Session 6	5 7/9/2024
To register contac	t: Kim Batko		
Visit ext. 2431		or Ca	ıll (734) 222-9800 or Email kbatko@nkfm.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 5255

Course Language English

Tuesday at 6:00:00 PM Information Session 8 /20/2024 at 6:00:00 PM

Workshop Schedule

 Session 1
 8/27/2024
 Session 4
 9/17/2024

 Session 2
 9/3/2024
 Session 5
 9/24/2024

 Session 3
 9/10/2024
 Session 6
 10/1/2024

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 5257

Course Language English

Monday at 12:00:00 PM Information Session 9 /9 /2024 at 12:00:00 PM

Workshop Schedule

 Session 1
 9/16/2024
 Session 4
 10/7/2024

 Session 2
 9/23/2024
 Session 5
 10/14/2024

 Session 3
 9/30/2024
 Session 6
 10/21/2024

To register contact: Diabetes PATH

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

Diabetes PATH

Oak Park Senior Center Oak Park Course ID 5264

Course Language English

Wednesday at 10:30:00 AM

Information Session at

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: Beaumont Health/Corewell

Visit classes.beaumont.org or Call (800) 633-7377 or Email commhlthprograms@corewell

health.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 Toolkit 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

Burton Senior Center Burton Course ID 5253

Course Language English

Tuesday at 10:00:00 AM

Information Session at

Workshop Schedule

Session 1 5/21/2024 Session 5 6/18/2024 Session 2 5/28/2024 Session 6 6/25/2024 Session 3 6/4/2024 Session 7 7/9/2024 Session 4 6/11/2024 Session 8 7/16/2024

To register contact: Burton Senior Center

Visit or Call (810) 744-0960 or Email

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

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

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

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

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

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 5 Session 1 5/7/2024 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

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.