

## Personal Action Toward Health 2022 Virtual Workshops

Personal Action Toward 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 living with chronic pain
- **Kidney PATH** – people with Chronic Kidney Disease (CKD)
- **Hypertension Control** – people who are living with high blood pressure

PATH workshops are offered in the following virtual formats:

- **Video conference - Zoom:** Video sessions held once per week at scheduled times with a small group of participants. Requires reliable internet connection and camera feature on computer, tablet, or phone. *See schedule of workshops listed below.*
- **Online - Better Choices Better Health:** Log in on your own time to review weekly content and communicate with other participants and leaders on discussion boards. Workshops consist of about 25 participants from across the country. To register visit: [nkfm.org/bcbh](http://nkfm.org/bcbh).

**Please Note:** The last day to join is the 2<sup>nd</sup> week of the workshop. Workshops are free. Donations are accepted.

### Upcoming Zoom Workshops

#### Kidney PATH

##### Kidney PATH (Virtual)

Wednesdays at 6:00 - 8:00pm

Info Session: June 1

Sessions 1-8: June 8, 15, 22, 29; July 6, 13, 20, 27

To register, visit: [www.nkfm.org/KPATH](http://www.nkfm.org/KPATH) or call 800-482-1455

##### Kidney PATH (Virtual)

Thursdays at 1:00 - 3:00pm

Info Session: September 8

Sessions 1-8: September 15, 22, 29; October 6, 13, 20, 27; November 3

To register, visit: [www.nkfm.org/KPATH](http://www.nkfm.org/KPATH) or call 800-482-1455

##### Kidney PATH (Virtual)

Mondays at 6:00 - 8:00pm

Info Session: September 19

Sessions 1-8: September 26, October 3, 10, 17, 24, 31; November 7, 14

To register, visit: [www.nkfm.org/KPATH](http://www.nkfm.org/KPATH) or call 800-482-1455

For additional information about the National Kidney Foundation of Michigan 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 check out: <http://www.mihealthyprograms.org/>

## **Diabetes PATH**

### Diabetes PATH Virtual

Thursdays 10:00 am-12:00 pm

Info Session: August 18

Session 1-6: August 25, September 1, 8, 15, 22, 29

To register contact: Ascension: 248-849-5752

## **Chronic Pain PATH**

### Chronic Pain PATH

Tuesdays 6:00 pm-8:00 pm

Info Session: June 7

Session 1-6: June 14, 21, 28, July 5, 12, 19

To register contact Beaumont: <http://classes.beaumont.org>

### Chronic Pain PATH

Tuesdays, 1pm-3pm

Session 1 -6: July 26, August 2, 9, 16, 23, 30

To register contact: Joely Lyons at [jlyons@ifsdetroit.org](mailto:jlyons@ifsdetroit.org) or call 1-248-592-1995

### Chronic Pain PATH \*In-Person\*

Mondays, 1pm-3:30pm

Sessions 1 – 6: July 18, 25, August 1, 8, 15, 22

Location: Ford Senior Center, 6750 Troy St, Taylor, MI 48180

To register contact: [PATHprograms@nkfm.org](mailto:PATHprograms@nkfm.org) or 800-482-1455 ext 2320

Additional classes for 2022 are being scheduled. Please contact NKFM to locate a Chronic Pain PATH class near you.

## **PATH**

### PATH

Please contact NKFM to locate a PATH class near you or to be referred to an online version of this program.

## **Hypertension Control**

### Hypertension Control

Please contact NKFM to locate a HTN control class near you or to be referred to an online version of this program.

For additional information about the National Kidney Foundation of Michigan 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 check out: <http://www.mihealthyprograms.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).