



KIDS CAMP

Provides an opportunity for children (ages 8-17) with chronic kidney disease to experience a week away at camp.



THE BIG ASK, THE BIG GIVE

Interactive workshops that educate and raise awareness about kidney donation, transplantation, and finding a living donor.



PEER MENTORS

Helps empower patients with kidney disease to move forward with their lives after being diagnosed with kidney disease.



SCHOLARSHIPS

People on dialysis or with a transplant can apply for a scholarship for community college or university.



EMERGENCY FUND

Provides a one-time help of up to \$200 for the urgent needs of people with kidney disease.



INFO & SUPPORT

People with kidney disease and their families can call NKFM to talk to trained staff about living with kidney disease.



NATIONAL KIDNEY
FOUNDATION®

of Michigan

Programs and
Patient Services

www.nkfm.org
800-482-1455



SUPPORT GROUP

Virtual support group for individuals living with kidney disease to share and discuss the issues, challenges, and triumphs faced by others like you.

FIND US @KIDNEYMI



ANNUAL FUNDRAISING EVENTS

Kidney Walk
Kidney Ball
Kidney Golf Classic
Champion of Hope

STATE OFFICE
1169 Oak Valley Drive
Ann Arbor, MI 48108
734-222-9800

BRANCH OFFICES

Detroit | 313-259-1574
Grand Rapids | 616-458-9520



ENHANCE®FITNESS

Physical activity program for adults that is designed to improve functional fitness and wellbeing.



DIABETES PREVENTION PROGRAM

Yearlong lifestyle change program that helps people at risk for type 2 diabetes develop healthy eating habits, become more active, and lose weight.



A MATTER OF BALANCE

Designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls.



REGIE'S RAINBOW ADVENTURE®

Nutrition and physical activity classroom-based curriculum for early childhood education programs.



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BINGOCIZE®

10-week health promotion program that combines the game of bingo with inclusive exercises for everyone.



COOKING MATTERS AT THE STORE (CMATS)

Helps adults and older teens shop confidently for healthy foods. Learn to find nutritious foods, save money, read labels, and compare prices in this one-hour workshop.



PATH (Personal Action Toward Health)

6 to 8-week programs that help people to better manage their long-term health conditions.

- Chronic Disease PATH
- Kidney PATH
- Chronic Pain PATH
- Diabetes PATH



WALK WITH EASE

6-week physical activity program for adults 18 and older that can reduce pain and improve overall health by building up to 30 minute of walking at least three days a week.



HEALTH COACHING

Provides free health coaching to help individuals make small, healthy changes in your life. Available to adults 18 and older.



HIGH BLOOD PRESSURE CONTROL

8-week program that helps people learn tools to take control of their high blood pressure.



GO NAPSACC: CHILD CARE ASSESSMENT

An intervention for early childhood education settings aimed at improving nutrition, physical activity environments, and practices.