

Personal Action Toward Health

2017 Workshops



Personal Action Toward Health (PATH) is designed to provide skills and tools to help people with long-term health problems and their support system to live healthier lives. Listed below are the PATH programs NKFM offers.

- **PATH** - people with a chronic health condition such as arthritis or hypertension
- **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
- **Tomando Control De Su Salud** – entirely in Spanish and for people with a chronic health condition(s)
- **Cancer Thriving and Surviving (CTS)** – people that have cancer or are cancer survivors

Please Note: The last day for a new participant to join is the 2nd week of the workshop.

Genesee County

1. Swartz Creek Senior Center (Chronic Pain)

8095 Civic Drive

Swartz Creek, MI 48473

Mondays at 1:30pm-4:00pm

- *Sessions 1-6:* April 10, 17, 24, May 1, 8 & 15th
- *Bonus Session:* May 22nd

To register call Senior Center: (810) 635-4122

No Cost

2. Grand Blanc Senior Activity Center (PATH)

12632 Pagels Dr.

Grand Blanc, MI 48439

Thursdays at 1:00pm-3:30pm

- *Informational Session:* May 4th
- *Sessions 1-6:* May 11, 18, 25, June 1, 8 & 15th
- *Bonus Session:* June 22nd

To register call Senior Center: (810) 695-3202

No Cost

Ingham County

1. Grace United Methodist Church (PATH)

1900 Boston Blvd

Lansing, MI 48910

Tuesdays at 6:00pm-8:30pm

- *Informational Session:* May 2nd
- *Sessions 1-6:* May 9, 16, 23, 30, June 6 & 13th

To register call LaShawn: (800) 482-1455

No Cost

Lapeer County

1. Lapeer County EMS (Diabetes-PATH)

3565 Genesee Road

Lapeer, MI 48446

Tuesdays at 9:30am-12:00pm

- *Sessions 1-6:* May 5, 12, 19, 26, June 2 & 9th
- *Bonus Session:* June 27th

To register call Abbie: (810) 600-0633

No Cost

Macomb County

1. St. Isidore Church (Diabetes-PATH)

23 Mile Road

Macomb Township, MI 48042

Thursdays at 12:30pm-3:00pm

- *Sessions 1-6:* April 6, 13, 20, 27, May 4 & 11th

To register call Health Connect: 1-866-501-3627

No Cost

Oakland County

1. Jewish Family Service (Diabetes-PATH)

25900 Greenfield Road, Suite 405

Oak Park, MI 48237

Mondays at 9:30am-12:00pm

- *Sessions 1-6:* April 24, May 1, 8, 15, 22 & June 5th
- *Bonus Session:* June 12th

To register call: (313) 586-5488 or visit

www.beaumont.org/classes-events

No Cost

For additional information about the National Kidney Foundation of Michigan PATH workshops contact:

Lisa Hall, Program Coordinator – (800) 482 – 1455 ext. 242 • larthur@nkfm.org or check out our website www.nkfm.org/path

For additional PATH Workshops in Michigan check out: <http://www.mihealthyprograms.org/>

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2. Hunter Community Center (Diabetes-PATH)

509 Fisher Court
Clawson, MI 48017

Wednesdays at 6:00pm-8:30pm

- Sessions 1-6: May 17, 24, 31, June 7, 14 & 21st
- Bonus Session: June 28th

To register call: (313) 586-5488 or visit

www.beaumont.org/classes-events

No Cost

3. Troy Public Library (Diabetes-PATH)

510 W. Big Beaver
Troy, MI 48084

Thursdays at 1:00pm-3:30pm

- Sessions 1-6: August 10, 17, 24, 31, September 7 & 14th
- Bonus Session: September 21st

To register call: (313) 586-5488 or visit

www.beaumont.org/classes-events

No Cost

Washtenaw County

1. Milan Senior Center (Diabetes-PATH)

45 Neckel Court
Milan, MI 48160

Thursdays at 12:30pm-3:00pm

- Sessions 1-6: April 6, 13, 20, 27, May 4 & 11th
- Bonus Session: May 18th

To register call: (734) 508-6229

No Cost

Wayne County

1. Build Health (Diabetes-PATH)

4401 Conner Street
Detroit, MI 48215

Tuesdays at 10:00am-12:30pm

- April 4, 11, 18, 25, May 1 & 8th

To register call Health Connect: 1-866-501-3627

No Cost

2. Canton Senior Center (PATH)

46000 Summit Parkway
Canton, MI 48188

Tuesdays at 9:00am-11:30am

- Sessions 1-6: April 11, 18, 26, May 2, (Monday) 8 & 16th

- Bonus: May 23rd

To register call the Senior Center: (734) 394-5485

No Cost

3. Harper Woods Public Library (Diabetes-PATH)

19601 Harper Avenue
Harper Woods, MI 48225

Tuesdays at 1:00pm-3:30pm

- Sessions 1-6: April 25, May 2, 9, 16, 23 & 30th
- Bonus Session: June 6th

To register call: (313) 586-5488 or visit

www.beaumont.org/classes-events

No Cost

4. Taylor Community Library (Diabetes-PATH)

12303 Pardee Road
Taylor, MI 48180

Thursdays at 1:00pm-3:30pm

- Sessions 1-6: May 4, 11, 18, 25, June 1 & 8th
- Bonus Session: June 15th

To register call: (313) 586-5488 or visit

www.beaumont.org/classes-events

No Cost

5. Columbia Court Apartments (Diabetes-PATH)

275 W. Columbia
Belleville, MI 48111

Fridays at 1:00pm-3:30pm

- Sessions 1-6: May 5, 12, 19, 26, June 2 & 9th
- Bonus Session: June 16th

To register call Nicole: (734) 699-6964

No Cost

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National Kidney Foundation®
of Michigan

6. Henry Ford Centennial Library (Diabetes-PATH)

16301 Michigan Ave

Dearborn, MI 48126

Wednesdays at 5:30pm-8:00pm

- *Sessions 1-6:* August 2, 9, 16, 23, 30 & September 6th
- *Bonus Session:* September 13th

To register call: (313) 586-5488 or visit

www.beaumont.org/classes-events

No Cost

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