

WHAT DOES YOUR MONEY SUPPORT?

Diabetes Prevention Program - DPP helps those at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity and losing a modest amount of weight in order to reduce their chances of developing the disease.



Kids Camp - Kids Camp is a special week of laughter, games and outdoor fun designed for children ages 8-16 with chronic kidney disease or a transplant. These kids have their special needs met while enjoying an exciting summer camp adventure.

The Luann Schepelmann-Eib Emergency Fund - This program assists people with chronic kidney disease in times of financial crisis by providing \$100 in assistance per person. The program serves more than 200 people each year.

Regie's Rainbow Adventure® - This classroom-based program targets pre-school and early elementary aged children and is designed to increase knowledge regarding nutrition and physical activity in a creative way using the colors of the rainbow and a super hero named Regie.



EnhanceFitness® - is a free or low-cost physical activity program geared toward improving the overall functional fitness and well-being of primarily older adults, though all adults over 18 can participate.

Personal Action Towards Health (PATH) - The Stanford Chronic Disease Self-Management Program (PATH in Michigan) was developed and tested by Stanford University to help people learn to better manage their long-term health conditions. It is a six-week workshop conducted in 2 1/2 hour sessions each week. Workshops are offered in community locations. PATH workshops are also offered to people with specific health challenges such as diabetes, kidney disease, and chronic pain.

These are just a few of the programs the NKFM offers. For more information on all of our programs and services please visit our website at www.nkfm.org.