

Kidney PATH

Workshop Overview								
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7 (Bonus)	Week 8 (Bonus)
Overview of self-management and chronic health conditions	•							
Using your mind to manage symptoms	•		•		•	•		
Getting a good night's sleep	•							
Making an action plan	•	•	•	•	•	•	•	•
Feedback and problem-solving		•	•	•	•	•	•	•
Dealing with difficult emotions		•						
Physical activity and exercise		•	•					
Preventing falls		•						
Making decisions			•					
Pain and fatigue management			•					
Better breathing				•				
Healthy eating				•	•			
Communication skills				•				
Medication usage					•		•	
Making Informed treatment decisions					•			
Dealing with depression					•			
Working with your health care professional and organization						•	•	•
Weight management						•		
Future plans						•		
Kidney Disease Self-management							•	•
Expert panel session								•