

Personal Action Toward Health

2021 Distance-Learning 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) provide the following types of PATH workshops:

- **PATH** – people with an ongoing health condition such as arthritis, high blood pressure, diabetes or pain
- **Diabetes PATH** – people who are living with Type 2 Diabetes
- **Chronic Pain PATH** – people living with chronic pain
- **Kidney PATH** – two additional sessions for people with Chronic Kidney Disease (CKD)
- **Powerful Tools for Caregivers** – caregivers of people with long term health condition(s)
- **Hypertension Control** – people who are living with high blood pressure

PATH workshops are offered in the following distance-learning 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.
- **Toolkit with phone support:** Self-directed, home learning with telephone support. Toolkit sent by mail and calls held once per week with a small group of participants to review key weekly activities. To register for a group, visit nkfm.org/path or call 734-222-9800.

Please Note: The last day for a participant to join is the 2nd week of the workshop. Workshops are free. Donations are accepted.

Upcoming Video Conference Workshops

Kidney PATH

Kidney PATH

Thursdays at 6:00-8:00pm

Info Session: September 23

Sessions 1-8: September 30; October 7, 14, 21, 28; November 4, 11, 18

To register contact: PATHPrograms@nkfm.org or 734-222-9800

Kidney PATH

Mondays at 1:00pm-3:00pm

Info Session: October 4

Sessions 1-8: October 11, 18, 25, November 1, 8, 15, 22, 29

To register contact Ascension: 248-849-5752

For additional information about the National Kidney Foundation of Michigan PATH workshops contact: PATH Programs – (800) 482-1455 PATHPrograms@nkfm.org or check out our website www.nkfm.org/path For additional PATH Workshops or other health programs in Michigan check out: <http://www.mihealthyprograms.org/>

Kidney PATH

Wednesdays at 10:00am-12:00pm

Info Session: October 6

Sessions 1-8: October 13, 20, 27, November 3, 10, 17, December 1, 8

*No session November 24

To register contact: PATHPrograms@nkfm.org or 734-222-9800

Diabetes PATH

Diabetes PATH

Wednesdays at 1:00pm-3:00pm

Info Session: July 14

Sessions 1-6: July 21, 28; August 4, 11, 18, 25

To register contact 800-633-7377 or visit <http://classes.beaumont.org>

Diabetes PATH

Thursdays at 6:00pm-8:00pm

Info Session: July 15

Sessions 1-6: July 22, 29; August 5, 12, 19, 26

To register contact 800-633-7377 or visit <http://classes.beaumont.org>

Diabetes PATH

Mondays at 1:00pm-3:00pm

Info Session: August 2

Sessions 1-6: August 9, 16, 23, 30; September 6, 13

To register contact 800-633-7377 or visit <http://classes.beaumont.org>

Diabetes PATH

Tuesdays at 1:00-3:00pm

Info Session: August 24

Sessions 1-6: August 31; September 7, 14, 21, 28; October 5

To register contact Ascension: 248-849-5752

Diabetes PATH

Tuesdays at 6:00-8:00pm

Info Session: September 7

Sessions 1-6: September 14, 21, 28; October 5, 12, 19

To register contact 800-633-7377 or visit <http://classes.beaumont.org>

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Diabetes PATH

Thursdays at 1:00-3:00pm

Info Session: September 9

Sessions 1-6: September 16, 23, 30; October 1, 8, 15

To register contact 800-633-7377 or visit <http://classes.beaumont.org>

Diabetes PATH

Wednesdays at 6:00-8:00pm

Info Session: October 6

Sessions 1-6: October 13, 20, 27; November 3, 10, 17

To register contact 800-633-7377 or visit <http://classes.beaumont.org>

Diabetes PATH

Tuesdays at 10:00am-12:00pm

Info Session: October 26

Sessions 1-6: November 2, 9, 16, 23, 20; December 7

To register contact 800-633-7377 or visit <http://classes.beaumont.org>

Chronic Pain PATH

Chronic Pain PATH

Thursdays at 10:00am-12:00pm

Info Session: August 12

Sessions 1-6: August 19, 26; September 2, 9, 16, 23

To register contact Ascension: 248-849-5752

Chronic Pain PATH

Wednesdays at 10:00am-12:00pm

Info Session: September 15

Sessions 1-6: September 22, 29; October 6, 13, 20, 27

To register contact 800-633-7377 or visit <http://classes.beaumont.org>

Chronic Pain PATH

Tuesdays at 6:00-8:00pm

Info Session: October 12

Sessions 1-6: October 19, 26; November 2, 9, 16, 23

To register contact 800-633-7377 or visit <http://classes.beaumont.org>

Chronic Pain PATH

Tuesdays at 1:00-3:00pm

Info Session: October 19

Sessions 1-6: October 26; November 2, 9, 16, 23, 30

To register contact Ascension: 248-849-5752

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Chronic Pain PATH

Mondays at 1:00-3:00pm

Info Session: November 1

Sessions 1-6: November 8, 15, 22, 29; December 6, 13

To register contact 800-633-7377 or visit <http://classes.beaumont.org>

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

Thursdays at 1:00-2:30pm

Info Session: September 9

Sessions 1-8: September 16, 23, 30; October 6, 13, 20, 27; November 4

To register contact 800-633-7377 or visit <http://classes.beaumont.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.

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.