



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 National Kidney Foundation of Michigan (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 (CKD). Two additional session specific to CKD.
- **Caregiver PATH** – caregivers of people with long term health condition(s).

Please Note: The last day for a new participant to join is the 2nd week of the workshop. All classes are free unless otherwise specified. Donations are accepted.

Oakland County

Diabetes PATH – Providence Medical Center

210 North Lafayette Street
South Lyon, MI 48178

Thursdays from 5:00pm-7:30pm

- Sessions 1-6: November 1, 8, 15, 29 & December 6, 13th (No Class Nov 22nd Thanksgiving Holiday)

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

Diabetes PATH – Ascension Macomb Oakland Hospital

Madison Heights Campus
27351 Dequindre Road
Madison Heights, MI 48071

Tuesdays from 1:30pm- 4:00pm

- Sessions 1-6: November 6, 13, 20, 27 December 4 & 11th

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

Wayne County

Kidney PATH – Gary Burnstein Community Health Clinic

45580 Woodward Ave
Pontiac, MI 48341

Thursdays from 1:00pm-3:30pm

- *Informational Session:* September 20th
- Sessions 1-8: September 27, October 4, 11, 18, 25, November 1, 8 & 15th

To register contact PATH Programs at 800-482-1455 or email PATHPrograms@nkfm.org

Kidney PATH – Henry Ford Centennial Library

16301 Michigan Ave
Dearborn, MI 48126

Conference Room on 3rd Floor Mezzanine
Fridays from 1:00pm-3:30pm

- *Informational Session:* September 28th
- Sessions 1-8: September 28, October 5, 12, 19, 26, November 2, 9 & 16th

To register contact PATH Programs at 800-482-1455 or email PATHPrograms@nkfm.org

Kidney PATH – Jackson District Library

244 W. Michigan Ave
Jackson, MI 46201
McIntyre Room

Wednesdays from 9:30am-12:00pm

- *Informational Session:* September 26th
- Sessions 1-8: October 3, 10, 24, 31, November 7, 14, 28 & December 5th

To register contact PATH Programs at 800-482-1455 or email PATHPrograms@nkfm.org

Diabetes PATH – Taylor Community Library

12303 Pardee Rd
Taylor, MI 48180

Tuesdays from 1:00pm-3:30pm

- Sessions 1-6: October 2, 9, 16, 23, 30 & November 6th

To register call Beaumont Health (313) 586-5488 or register online at www.beaumont.org/classes-events

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 healthy programs in Michigan check out: <http://www.mihealthyprograms.org/>



Diabetes PATH – Belleville Co-Op

575 Sumpter Drive, Community Room
Belleville, MI 48111
Wednesdays from 12:15pm-2:45pm

- *Informational Session:* September 12 from 12:00pm-1:00pm
 - *Sessions 1-6:* October 3, 10, 17, 24, 31 & November 7th
- To register call Dorinda Stephens at 734-699-3833 or Pam Nitchie 734-697-0957

CLOSED – SENIOR RESIDENTS

Diabetes PATH – Coogan Terrace

3501 Oakwood
Melvindale, MI 48122
Thursdays from 2:00pm-4:30pm

- *Sessions 1-6:* October 4, 11, 18, 25, November 1 & 8th
- To register call Beaumont Health (313) 586-5488 or register online at www.beaumont.org/classes-events

Diabetes PATH – Ascension VanElslander Cancer Center

19229 Mack Avenue
Grosse Pointe Woods, MI 48236
Wednesdays from 1:30- 4:00pm

- *Sessions 1-6:* November 7, 14, 21, 28, December 5, & 12th

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

Chronic Pain PATH – St. Paul United Church of Christ

24158 Goddard Road
Taylor, MI 48180
Tuesdays from 12:30pm -3:00pm

- *Sessions 1-6:* November 6, 13, 20, 27, December 4, & 11th

To register contact: NKFM at 734-222-9800 or email PATHprograms@nkfm.org

Diabetes PATH – Canton Place Apartments

44505 Ford Road
Canton, MI 48187
Wednesdays from 1:00pm-3:30pm

- *Sessions 1-6:* January 16, 23, 30 & February 6, 13, 20th

To register contact Belinda Terreault at 734-981-4080

Diabetes PATH – Premier Medicine Center

20290 Middlebelt Road
Livonia, MI 48152
Thursdays from 9:30am – 12:00pm

- *Information Session:* October 25 from 9:30am-12:00pm
- *Sessions 1-6:* November 1, 8, 15, 29 & December 6, & 13th

To register contact: NKFM at 734-222-9800 or email PATHprograms@nkfm.org

Diabetes PATH – St. Mary Mercy Livonia - Room 11

36475 Five Mile Rd
Livonia, MI 48154
Tuesdays from 1:30pm-4:00pm

- *Sessions 1-6:* March 5, 12, 19, 26 & April 2 & 9th

To register call Community Connect (734) 655-8955 or register online at

<http://www.stmarymercy.org/diabetes-education>

Chronic Pain PATH – Civic Park Senior Center Livonia

15218 Farmington Rd
Livonia, MI 48154
Wednesdays from 12:30-2:00pm

- *Sessions 1-6:* March 6, 13, 20, 27 & April 3, 10th

To register call Angela Arnott at 734-466-2551



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

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