

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. Fair Haven Seventh Day Adventist Church (Diabetes-PATH)

1379 Louis Avenue
Flint, MI 48505

Wednesdays at 12:30pm-3:00pm

- *Informational Session:* February 15th
- *Sessions 1-6:* February 22, March 1, 8, 15, 22 & 29th
- *Bonus Session:* April 5th

To register call Chisandra Lambert: (810) 813-5702
No Cost

2. 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

3. 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

Macomb

1. St. John River District (Diabetes-PATH)

4100 River Road
East China Township, MI 48054

Mondays at 1:30pm-4:00pm

- *Sessions 1-6:* March 27, April 3, 10, 24, May 1 & 8th

To register Health Connect: 1-866-501-3627
No Cost

2. St. Isadore 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. Lutheran Church of the Master (Diabetes-PATH)

3333 Coolidge
Troy, MI

Mondays at 6:00pm-8:30pm

- *Sessions 1-6:* February 27, March 6, 13, 20, 27 & April 3rd

To register call Health Connect: 1-866-501-3627
No Cost

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

Lisa Arthur, 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. Southfield Public Library (Diabetes-PATH)

26300 Evergreen Road
Southfield, MI 48076

Tuesdays at 1:00pm-3:30pm

- Sessions 1-6: March 21, 28, April 4, 11, 18 & 25th
- Bonus Session: May 2nd

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. Canton Place (PATH)

44505 Ford Road
Canton, MI 48187

Thursdays at 1:00pm-3:30pm

- Sessions 1-6: February 2, 9, 16, 23, March 2 & 9th
- Bonus Session: March 16th

To register call or email Belinda: 734 981-4080

0504sc@nationalchurchresidences.org

No Cost

2. Riverview Senior Wellness Center (Diabetes-PATH)

7633 E. Jefferson
Medical Pavilion II

Detroit, MI 48214

Tuesdays at 1:00pm-3:30pm

- Sessions 1-6: February 28, March 7, 14, 21, 28 & April 3rd

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

No Cost

3. 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, 9 & 16th
- Bonus: May 23rd

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

No Cost

4. 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

5. 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

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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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