



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.

Bay County

1. Country Meadows Senior Apartments (Diabetes-PATH)

3799 State Street
Bay City, MI 48706

Thursdays at 2:00pm-4:30pm

- *Sessions 1-6:* August 25, September 1, 8, 15, 22 & 29th
- *Bonus Session:* October 6th

To register call Cortney: (989) 671-0153
No Cost

Genesee County

1. Cedarwood Apartments (PATH)

1700 Cedarwood Drive
Flushing, MI 48433

Wednesdays at 1:00pm-3:30pm

- *Informational Session:* Wednesday, August 17 from 1:00pm-2:00pm
- *Sessions 1-6:* August 24, 31, September 7, 14, 21 & 28th

To register call Roberta Jentzen: (810) 487-2100
No Cost

2. First Trinity Missionary Baptist Church (Diabetes-PATH)

1226 Beach St.
Flint, MI 48502

Mondays at 11:00am-1:30pm

- *Informational Session:* September 6th
- *Sessions 1-6:* September 13, 20, 27, October 4, 11 & 18th
- *Bonus Session:* October 25th

To register call the church office: (810) 234-2653
No Cost

3. Slidell Senior Residence Apartments (Diabetes-PATH)

2201 W. Carpenter Road
Flint, MI 48505

Tuesdays at 1:00pm-3:30pm

- *Informational Session:* September 6th at 1:00pm-1:30pm
- *Sessions 1-6:* September 13, 20, 27, October 4, 11 & 18th

To register call Gay Johnson: (810) 789-2400
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

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Personal Action Toward Health Workshops

Fall 2016



National Kidney Foundation®

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4. Burton Senior Center (Diabetes-PATH)

3410 S. Grand Traverse St.
Burton, MI 48529
Tuesdays at 1:00pm-3:30pm

- *Informational Session:* Thursday, September 8th at 11:30am-12:00pm
- *Sessions 1-6:* September 13, 20, 27, October 4, 11 & 18th

To register call: (810) 744-0960

5. Forest Township Area Senior Center (Diabetes-PATH)

130 E. Main Street
Otisville, MI 48463
Wednesdays at 12:30pm-3:00pm

- *Informational Session:* Thursday, September 1 from 12:30pm-1:00pm
- *Sessions 1-6:* September 14, 21, 28, October 5, 12 & 19th

To register call: (810) 631-3407

No Cost

6. Davison Area Senior Center (Diabetes-PATH)

10135 Lapeer Road
Davison, MI 48423
Tuesdays at 12:30pm-3:00pm

- *Informational Session:* September 13th
- *Sessions 1-6:* September 20, 27, October 4, 11, 18 & 25th

To register call Joie Hitchcock: (810) 658-1566

No Cost

Macomb County

1. Holy Innocents – St. Barnabus Catholic Church (Diabetes-PATH)

24800 Phlox Avenue
Eastpointe, MI 48021
Thursdays at 1:00pm-3:30pm

- *Sessions 1-6:* September 1, 8, 15, 22, 29 & October 6th
- *Bonus Session:* October 13th

To register call Sister Barbara: (586) 775-4650 x101

Cost: \$15.00 per person (*Scholarships available*)

2. Hunter Community Center (Diabetes-PATH)

509 Fisher Court
Clawson, MI 48017
Wednesdays at 6:00pm-8:30pm

- *Sessions 1-6:* September 14, 21, 28, October 5, 12 & 19th

To register call: (313) 586-5488 or visit

www.beaumont.org/classes-events

No Cost

Monroe County

1. Grace Lutheran Church (PATH)

630 N. Monroe St.
Monroe, MI 48162
Wednesdays at 10:00am-12:30pm

- *Sessions 1-6:* August 17, 24, 31, September 7, 14 & 21st

- *Bonus Session:* September 28th

To register call: Sue Sisk at (734) 242-5083 or

Margaret Roebke at (734) 242-1401

No Cost

Oakland County

1. Pearl Wright Senior Center (Diabetes-PATH)

21131 Garden Lane
Ferndale, MI 48220
Tuesdays at 10:30am-1:00pm

- *Sessions 1-6:* September 6, 13, 20, 27, October & 11th

- *Bonus Session:* October 18th

To register call Barbara: (248) 547-9800 ext. 225

No Cost

2. 920 On the Park Apartments (Diabetes-PATH)

920 John R Road
Troy, MI 48083
Wednesdays at 1:00pm-3:30pm

- *Sessions 1-6:* October 19, 26, November 2, 9, 16 & 23rd

- *Bonus Session:* November 30th

To register call Kristal Grove: (248) 588-7611

No Cost

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Shiawassee County

1. Shiawassee Council on Aging (Chronic Pain)

300 N. Washington St

Owosso, MI 48867

Mondays at 2:00pm-4:30pm

- *Informational Session:* October 3rd
- *Sessions 1-6:* October 10, 17, 24, 31, November 7 & 14th
- *Bonus Session:* November 21st

To register call Nateeba: (810) 814-0138

No Cost

St Clair County

1. Washington Life Center, Marine City Seniors (Diabetes-PATH)

403 N. Mary Street

Marine City, MI 48039

Wednesdays at 12:30pm-3:00pm

- *Sessions 1-6:* September 21, 28, October 5, 12, 19 & 26th

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

No Cost

Wayne County

1. Western Wayne Family Health Center (PATH)

2700 Hamlin Blvd

Inkster, MI 48141

Mondays at 1:00pm – 3:30pm

- *Sessions 1-6:* August 22, 29, September 12, 19, 26 & October 3rd
- *Bonus Session:* October 10th

To register call LaShawn: (800) 482-1455

No Cost

2. NKFM – Detroit Branch (Kidney-PATH)

*Large Conference Room

7800 W. Outer Drive, Suite 203

Detroit, MI 48235

Wednesdays at 1:00pm-3:30pm

- *Informational Session:* September 7th
- *Sessions 1-6:* September 21, 28, October 5, 12, 19 & 26th
- *Bonus Sessions 7 & 8:* November 2 & 9th

To register call LaShawn: (800) 482-1455

No Cost

3. Harper Woods Public Library (Diabetes-PATH)

19601 Harper Avenue

Harper Woods, MI 48225

Tuesdays at 1:00pm-3:30pm

- *Sessions 1-6:* September 13, 20, 27, October 4, 11 & 18th
- *Bonus Session:* October 25th

To register call: (313) 586-5488 or visit

www.beaumont.org/classes-events

No Cost, sponsored by Ford Motor Company Fund

4. LAHC Leadership Center (Diabetes-PATH)

835 Mason Street, Suite A160

Dearborn, MI 48124

Tuesdays at 1:00pm-3:30pm

- *Sessions 1-6:* September 13, 20, 27, October 4, 11 & 18th
- *Bonus Session:* October 25th

To register call: (313) 586-5488 or visit

www.beaumont.org/classes-events

No Cost

5. Riverview Senior Wellness Center (Diabetes-PATH)

7633 E. Jefferson

Medical Pavilion II

Detroit, MI 48214

Wednesdays at 1:00pm-3:30pm

- *Sessions 1-6:* September 14, 21, 28, October 5, 12 & 19th

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

No Cost

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6. Redford Township District Library (Diabetes-PATH)

25320 W. Six Mile Road

Redford, MI 48240

Wednesdays at 1:00pm-3:30pm

- *Sessions 1-6:* September 14, 21, 28, October 5, 12 & 19th

To register call Redford Township District Library:

(313) 531-5960 ext. 103

No Cost

7. St. John Hospital (Kidney-PATH)

*Professional Building 2, 4th Floor, Room 42

22101 Moross Road

Detroit, MI 48236

Saturdays at 10:00am-12:30pm

- *Informational Session:* September 17th
- *Sessions 1-6:* September 24, October 1, 8, 15, 22 & 29th
- *Bonus Sessions 7 & 8:* November 5 & 12th

To register call LaShawn: (800) 482-1455

No Cost

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