



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 (CKD). Two additional session specific to CKD.
- **Tomando Control De Su Salud** – entirely in Spanish and for people with a chronic health condition(s)
- **Cancer Thriving and Surviving (Cancer PATH)** – people that have cancer or are cancer survivors
- **Building Better Caregivers (Caregiver)** – 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.

Ingham County

1. East Lansing Fire Station - Kidney PATH

1700 Abbott Road
East Lansing, MI 48823
Tuesdays at 9:30am-12:00pm

- *Informational Session:* September 12th
- *Sessions 1-8:* September 19, 26, October 3, 10, 17, 24, 31 & November 7th

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

2. Stockbridge Wellness Center – PATH

5116 S M 106
Stockbridge, MI 49285
Wednesdays at 10:00am-12:30pm

- *Sessions 1-6:* October 18, 25, November 1, 8, 15 & 22nd

To register contact Michelle Liska at 734-593-5258

Livingston County

1. St. Patrick's Catholic Church - Caregiver

711 Rickett Road
Brighton, MI 48116
Thursdays at 1:00pm-3:30pm

- *Sessions 1-6:* October 5, 12, 19, 26, November 2 & 9th

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

2. Ascension Medical Center - Diabetes PATH

1225 S. Latson Road
Howell, MI 48843
Tuesdays at 1:00pm-3:30pm

- *Sessions 1-6:* October 10, 17, 24, 31, November 7 & 14th

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

Macomb County

1. St. Paul of Tarsus - Diabetes PATH

41300 Romeo Plank Road
Charter Township of Clinton, MI 48038
Thursdays at 1:00pm-3:30pm

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

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

Oakland County

1. Southfield Wellness Center - Diabetes PATH

15990 West 9 Mile Road
Southfield, MI 48075
Wednesday at 2:00pm-4:30pm

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

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

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

Lisa Hall, Program Coordinator – (800) 482 – 1455 ext. 242 • PATHPrograms@nkfm.org or check out our website www.nkfm.org/path

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



2. Southfield Public Library - **Kidney PATH**

26300 Evergreen Road
Southfield, MI 48076

**Large Conference Room

- *Informational Session:* September 29th
- *Sessions 1-8:* October 6, 13, 20, 27, November 3, 17, December 1 & 8th

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

3. Pearl Wright Senior Center - **Cancer PATH**

2nd Floor Grant School
21131 Garden Lane
Ferndale, MI 48220

- *Sessions 1-6:* October 12, 19, 26, November 2, 9 & 16th

To register contact Selena Johnson at 248-547-9803
or email sjohnson@royaloaktwp.com

4. Greenfield Presbyterian Church - **Diabetes PATH**

2312 Greenfield Road
Berkley, MI 48072

Tuesdays at 10:00am-12:30pm

- *Sessions 1-6:* October 31, November 7, 14, 21, 28 & December 5th

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

Shiawassee County

1. Owosso Senior Center

300 N. Washington St.
Owosso, MI 48867

Tuesdays at 1:30pm-3:30pm

- *Sessions 1-6:* October 3, 10, 17, 24, 31 & November 7th

To register contact Owosso Senior Center at
989-723-8875

Washtenaw County

1. Ellen Thompson Women's Health Center - **Kidney PATH**

5320 Elliot Drive
Ypsilanti, MI 48197

**Room 1AB

Thursdays at 1:00pm-3:30pm

- *Informational Session:* September 21st
- *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

2. Ypsilanti Community Center - **Diabetes PATH**

2025 E. Clark Road
Ypsilanti, MI 48198

**Room 301

Thursday at 1:00pm-3:30pm

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

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or email PATHPrograms@nkfm.org

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