

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 the 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** - Two additional sessions for people with Chronic Kidney Disease (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.

Wayne County

Diabetes PATH – Canton Place Apartments

44505 Ford Road
Canton, MI 48187

Wednesdays from 1:00-3:30pm

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

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: January 10 from 9:30-10:30am
- Sessions 1-6: January 17, 24, 31, February 7, 14, 21

To register contact: NKFM at 734-222-9800 – Mary Neumaier ext. 1111 or email PATHprograms@nkfm.org

Diabetes PATH – East Grand Blvd COGIC

1432 E. Grand Blvd
Detroit, MI 48211

Mondays from 6:00-8:30pm

- Sessions 1-6: January 28, February 4, 11, 18, 25, March 4

To register call Health Connect: 866-501-3627

Diabetes PATH – St. Mary Mercy Livonia – Room 11

36475 Five Mile Road
Livonia, MI 48154

Tuesdays from 1:30-4:00pm

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

To register call Community Connect at 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 12:30-3:00pm

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

To register call Angela Arnott at 734-466-2551

PATH – Detroit NKFM Office

7800 W. Outer Drive
Detroit, Michigan 48235

Thursdays from 5:30-8:00 pm

- Information Session: January 10 from 5:30-8:00 pm
- Sessions 1-6: January 17, 24, 31, February 7, 14, 21

To register contact: Jewell Akins jlakins@aetna.com 959-299-7138 or Benita Tucker bgtucker@aetna.com 959-299-7137

CLOSED SITE – AETNA MEMBERS ONLY

Diabetes PATH - Taylor Senior Center

6750 Troy Street
Taylor, MI 48180

Mondays from 1:00-3:30 pm

- Sessions 1-6: May 6, 13, 20 (**No class Memorial Day May 27**), June 3, 10, 17

To register contact: Beaumont Health: 313-586-5488 or email www.beaumont.org/classes-events

Diabetes PATH - Wayne Senior Services/Hype

4635 Howe
Wayne, MI 48184

Wednesdays from 6:00-8:30 pm

Sessions 1-6: February 20, 27, March 6, 13, 20, 27

To register contact: Beaumont Health: 313-586-5488 or email 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/>

Personal Action Toward Health 2019 Workshops



National Kidney Foundation®
of Michigan

Diabetes PATH - Westfield Activities Center

2700 Westfield Road
Trenton, MI 48183
Tuesdays from 6:00-8:30 pm

- Sessions 1-6: March 19, 26, April 2, 9, 16, 23

To register contact: Beaumont Health
313-586-5488 or email

www.beaumont.org/classes-events

Kidney PATH - DMC Harper University Hospital

HUH Kresge Auditorium
3990 John R St
Detroit, MI 48201
Wednesdays from 12:30-3:00 pm

- Sessions 1-8: March 20, 27, April 3, 10, 17, 24, May 8, 15

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

Diabetes PATH - Western Wayne Family Health Center

2700 Hamlin Blvd.
Inkster, MI 48141
Tuesdays from 10:00am-12:30pm

- Sessions 1-6: April 2, 9, 16, 23, 30, May 7

To register contact: Beaumont Health at
313-586-5488 or email

www.beaumont.org/classes-events

Diabetes PATH – Trenton Veterans Memorial Library

2790 Westfield Road
Trenton, MI 48108
Wednesdays from 10am-12:30 pm

- Sessions 1-6: September 11, 18, 25, October 2, 9, 16

To register contact: Beaumont Health at
313-586-5488 or email

www.beaumont.org/classes-events

Macomb County

Diabetes PATH – Beaumont Health and Fitness Center

25631 Little Mack
Saint Clair Shores, MI 48081
Mondays from 5:30pm - 8:00pm

- Sessions 1-6: April 1, 8, 15, 22, 29, & May 6th

To register contact: Beaumont Health at
(313) 586-5488 or email

www.beaumont.org/classes-events

Diabetes PATH – Ascension Medical Romeo Plank

46591 Romeo Plank
Macomb, MI 48044
Wednesdays from 9:00-11:30 am

- Sessions 1-6: February 6, 13, 20, 27, March 6, 13

To register call Health Connect: 866-501-3627

Oakland County

Diabetes PATH – Hunter Community Center

509 Fisher Court
Troy, MI 4801
Wednesdays from 1:00-3:30pm

- Sessions 1-6: April 24, May 1, 8, 15, 22, 29

To register contact: Beaumont Health at

313-586-5488 or visit www.beaumont.org/classes-events

Kidney PATH - Beaumont Surgical Learning Center

3601 W. Thirteen Mile Rd
Royal Oak, MI 48073
Saturdays from 10:00am-12:30pm
Information Session: March 16

- Sessions 1-8: March 23, 30, April 6, 13, 27, May 4, 11, 18

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

Diabetes PATH – Novi Civic Center

45175 W. Ten Mile Road
Novi, MI 48375
Thursdays from 1:00-3:30pm

- Sessions 1-6: January 10, 17, 24, 31, February 7, 14

To register call Health Connect: 866-501-3627

Diabetes PATH – First United Methodist Church

315 E. 9 Mile Road
Hazel Park, MI 48030
Thursdays from 5:30-8:00pm

- Sessions 1-6: March 7, 14, 21, 28, April 4, 11

To register contact: Beaumont Health 313-586-5488 or visit
www.beaumont.org/classes-events

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Personal Action Toward Health 2019 Workshops



National Kidney Foundation®
of Michigan

Diabetes PATH – Botsford Commons

21300 Archwood Circle
Farmington Hills, MI 48336
Tuesdays from 10am- 12:30 pm

- Sessions 1-6: June 4, 11, 18, 25, July 2, 9

To register contact: Beaumont Health
(313) 586-5488 or email www.beaumont.org/classes-events

Washtenaw

PATH – Ann Arbor Center for Independent Living

3941 Research Park Drive
Ann Arbor, MI 48108
Wednesdays from 5:30-8:00pm

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

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

Provided inclusively for adults with disabilities

Powerful Tools for Caregivers - Ann Arbor Center for Independent Living

3941 Research Park Drive
Ann Arbor, MI 48108
Wednesdays from 5:30-8:00pm

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

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

Provided inclusively for caregivers of adults with disabilities

*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/>*