

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** - 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 1:00pm-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:* January 10th from 9:30 - 10:30 am
- Sessions 1-6: January 17, 24, 31 & February 7, 14, 21st

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 6:00pm-8:30pm

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

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

Diabetes PATH – St. Mary Mercy Livonia – Room 11

36475 Five Mile Road
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 at (734) 655-8955 or register online at

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, 10th

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 10th from 5:30 – 8:00 pm
- Sessions 1-6: January 17, 24, 31, & February 7, 14, 21st

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

CLOSED SITE – AETNA MEMBERS ONLY

Personal Action Toward Health 2019 Workshops



National Kidney Foundation®
of Michigan

Diabetes PATH - Taylor Senior Center

6750 Troy Street
Taylor, MI 48180

Mondays from 1:00pm – 3:30 pm

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

To register contact: Beaumont Health: 800-633-7377 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, 27th

To register contact: Beaumont Health: 800-633-7377 or email www.beaumont.org/classes-events

Diabetes PATH – ACCESS Community Health Center

6450 Maple Street
Dearborn, MI 48126

Mondays from 10:00 – 12:30 pm

- Sessions 1-6: March 11, 18, 25 & April 1, 8, 15th

To register contact: Hiam Hamade
313-289-5018 or 313-269-5591

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, 23rd

To register contact: Beaumont Health
or 800-633-7377 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 10:00 am-12:30pm

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

To register contact: Beaumont Health at
800-633-7377 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, 16th

To register contact: Beaumont Health at
800-633-7377 or email

www.beaumont.org/classes-events

Diabetes PATH – St. John United Church of Christ

2744 4th Street
Wyandotte, MI 48192

Mondays from 12:30-3:00pm

- Sessions 1-6: June 3, 10, 17, 24, & July 1, 8th

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

Chronic Pain PATH – Mayflower Congregational Church

7301 Curtis
Detroit, MI 48221

Wednesdays from 10:00am-12:30pm

- Sessions 1-6: May 1, 8, 15, 22, 29 & June 5th

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/>

Livingston

Kidney PATH - University of Michigan Brighton Center for Specialty Care

7500 Challis Road
Brighton, MI 48116
*Maize & Blue conference room 2264AB**
Wednesdays from 1:00-3:30pm

- *Information Session:* April 10, 2019 from 1:00-3:30pm
- *Sessions 1-8:* April 17, 24 & May 1, 8, 15, 22 & June 5, 12th

***No class May 29, 2019**

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

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 800-633-7377 or email www.beaumont.org/classes-events

Diabetes PATH – Ascension Medical Romeo Plank

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

- *Sessions 1-6:* February 6, 13, 20, 27 & March 6, 13th

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

Kidney PATH - Macomb Board of Commissioners (Mt. Clemens)

1 S Main St. 9th Floor
Mt Clemens, MI 48043
Tuesdays from 10:00am - 12:30pm

- *Information Session:* April 2, 2019
- *Sessions 1-8:* April 9, 16, 23, 30 & May 7, 14, 21, 28

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

Oakland County

Diabetes PATH – Hunter Community Center

509 Fisher Court
Troy, MI 48061
Wednesdays from 1:00pm - 3:30pm

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

To register contact: Beaumont Health at 800-633-7377 or email 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 16th

- *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 – First United Methodist Church

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

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

To register contact: Beaumont Health at 800-633-7377 or email www.beaumont.org/classes-events

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, 9th

To register contact: Beaumont Health at 800-633-7377 or email www.beaumont.org/classes-events

Personal Action Toward Health

2019 Workshops



National Kidney Foundation®
of Michigan

PATH – Jewish Family Services

Prentis Apartments Community Room
15100 West Ten Mile
Oak Park, MI 48237

Wednesdays from 1:30-4:00pm

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

To register contact: Olga Semenova at
(248) 592-2662

Washtenaw

PATH – Ann Arbor Center for Independent Living

3941 Research Park Drive
Ann Arbor, MI 48108

Wednesdays from 5:30pm – 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

Workshop accessible to all adults, regardless of disability

Powerful Tools for Caregivers - Ann Arbor Center for Independent Living

3941 Research Park Drive
Ann Arbor, MI 48108

Wednesdays from 5:30pm – 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

Focused on caregivers of adults with disabilities

Kidney PATH - Ellen Thompson Women's Health Center

5320 Elliot Drive

Ypsilanti, MI 48197 Classroom 2*

Mondays from 1:00-3:30pm

- Information Session: March 25
- Sessions 1-8: April 1, 8, 22, 29 & May 6, 13, 27 & June 6th

* **No class April 15 or May 20, 2019** To register
contact: PATH Programs at 800-482-1455 or email
PATHPrograms@nkfm.org

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/>