



Take Charge of Your Health!

Are you living with:

- Diabetes or prediabetes,
- High blood pressure,
- Kidney disease, or
- Chronic pain?

Are you looking for new ways to manage your health?

We can help! Sign up today.

The National Kidney Foundation of Michigan (NKFM) offers **FREE workshops** for healthy lifestyle change. They are available in English and Spanish on Zoom, in-person, and over the telephone. Learn skills and tools to help control symptoms, decrease stress, improve communication skills, avoid complications, advocate for your health, and more!



DIABETES PATH: A 6-week workshop for adults living with diabetes and their caregivers.

DIABETES PREVENTION PROGRAM: Yearlong program that helps adults at risk of diabetes to eat healthy, be more physically active, and lose weight.



HIGH BLOOD PRESSURE (HBP) CONTROL: An 8-week workshop for adults living with hypertension (high blood pressure) and their caregivers.

CHRONIC PAIN PATH: A 6-week workshop for adults living with chronic pain.



KIDNEY PATH: An 8-week workshop for adults living with chronic kidney disease (early stage, dialysis, or transplant) and their caregivers.

Ready to sign up?

PATH Programs and HBP Control: Visit nkfm.org/PATH or e-mail PATHPrograms@nkfm.org

Diabetes Prevention Program: Visit readyssetprevent.org or e-mail PreventDiabetes@NKFM.org

Call the NKFM at 800-482-1455