



# Healthy Living Programs

The National Kidney Foundation of Michigan (NKFM) offers **FREE workshops in English and Spanish** for self-management and lifestyle change. Participants **learn skills and tools** to help control their symptoms, decrease stress, improve communication skills, avoid complications, advocate for their health, and more!



## PATH PROGRAMS (Diabetes PATH, Kidney PATH, Chronic Pain PATH)

What it is: A 6 or 8-week workshop that meets once a week for 2 to 2.5 hours.

**Who it is for: Adults living with diabetes, chronic kidney disease, or chronic pain and their caregivers.**



## DIABETES PREVENTION PROGRAM

What it is: A year-long program. Learn to eat healthier, lose weight, and incorporate more physical activity into your life.

**Who it is for: Adults who are at high risk for developing diabetes.**



## HIGH BLOOD PRESSURE CONTROL

What it is: An 8-week workshop that meets once a week for 1.5 hours.

**Who it is for: Adults living with hypertension and their caregivers.**

### Program Referral

Patient Name: \_\_\_\_\_ Age: \_\_\_\_\_

Language:  English  Spanish  Other: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Chronic Condition(s):  Diabetes  Hypertension  Kidney disease

Chronic pain  Prediabetes or at risk of diabetes  Other: \_\_\_\_\_

Referring Provider: \_\_\_\_\_

Referring Organization: \_\_\_\_\_

**Fax to the National Kidney Foundation of Michigan (NKFM): 844-308-7120**

An NKFM staff member will contact the patient to help them sign up for a program.

**Questions?** Contact the NKFM at 800-482-1455 ext. 2590 or [PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org)

Visit us online at: [nkfm.org](http://nkfm.org)