

PATH

Personal Action Toward Health

800-482-1455 | nkfm.org/PATH

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The National Kidney Foundation of Michigan (NKFM) offers no-cost **P**ersonal **A**ction **T**oward **H**ealth (**PATH**) programs designed to help people living with long-term health conditions and their loved ones live healthier lives. They are interactive, fun, multi-week workshops lead by certified leaders who are managing their own conditions.

What will you gain from PATH?

- **Confidence to manage everyday activities**
- **Ability to reach goals by making action plans**
- **Knowledge about healthy eating and nutrition**
- **New ways to manage your symptoms and decrease stress**
- **Connection with others**
- **Increased sense of control over your health**

What are the different types of PATH programs?

Personal Action Toward Health (PATH)

Chronic Disease PATH is six-weeks for participants who have ongoing health conditions such as high blood pressure, arthritis, obesity, depression, high cholesterol or diabetes.

Chronic Pain PATH

Chronic Pain PATH is six-weeks for participants who struggle with chronic pain.

Kidney PATH

Kidney PATH is an eight-week workshop for participants who are in various stages of Chronic Kidney Disease.

Diabetes PATH

Diabetes PATH is six-weeks for participants who have diabetes.

Workshop Formats

Zoom, Video conference

Video sessions held once per week at scheduled times with a small group of 8 to 12 participants.

In-person

Group of 8 to 12 participants meet at a variety of community or health system locations, once per week at scheduled times.

Online Version

Log in on your own time to review weekly content and interact with others on discussion boards. Workshops consist of about 25 participants from across the country.

Mailed toolkit with phone support*

Self-directed learning with telephone support. Calls held once per week with a group of 3 to 5 participants to review key weekly activities. *Limited availability.

To register, fill out the Inquiry Form at www.nkfm.org/path or call 800-482-1455

How do participants feel after the workshop?

Participants feel more **confident** about taking care of their health



Would **recommend** PATH to others

NKFM is committed to providing access, equal opportunity and reasonable accommodation in its programs. To request accommodation contact the PATH team at least ten days in advance at 800-482-1455 or e-mail at PATHPrograms@nkfm.org.



National Kidney Foundation of Michigan
800-482-1455 | PATHPrograms@nkfm.org | www.nkfm.org/path
Contact us about language options currently available in addition to English. For other wellness programs in Michigan, visit www.MIHealthyPrograms.org

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