Helping you take charge of your kidney health!

Kidney Personal Action Toward Health (Kidney-PATH) is an 8-week workshop for participants who are in various stages of Chronic Kidney Disease. The first six weeks focus on overall healthy living, with two additional sessions that cover kidney specific content.

**Since the workshop content builds off each week, please join by the 2nd week of the eight week session**

This Workshop is for YOU if:

- You have kidney disease, kidney failure, or a kidney transplant
- You are a caregiver

YOU can:

- Manage everyday activities
- Control symptoms and decrease stress
- Improve communication skills
- Avoid complications
- Improve your overall health and increase your energy
- Become an advocate for yourself
- Understand fluid restrictions and dialysis
- Ask a panel of experts more about kidney disease

Snacks provided!

To Register Contact:
PATH Programs
Phone Number: 800-482-1455
Email: PATHPrograms@nkfm.org

For additional information please contact the National Kidney Foundation of Michigan at 800-482-1455 or go to www.nkfm.org/path.

For other wellness programs in Michigan go to www.mihealthyprograms.org.