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

Free workshops:

**Ellen Thompson Women’s Health Center**
5320 Elliott Dr., Ypsilanti, MI 48197
*Classroom 2*
Mondays from 1:00pm-3:30pm

**Informational Session:**
March 25 from 1:00pm-2:00pm

**Sessions 1-8:**
April 1, 8, 22, 29, May 6, 13, 27, June 3 (No sessions: April 15, May 20)

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

**Informational Session:**
April 2 from 10:00am-11:00am

**Sessions 1-8:**
April 9, 16, 23, 30, May 7, 14, 21, 28

**University of Michigan Brighton Center for Specialty Care**
7500 Challis Rd., Brighton, MI 48116
*Maize & Blue Conf. Room 2264AB*
Wednesdays from 1:00pm-3:30pm

**Informational Session:**
April 10 from 1:00pm-2:00pm

**Sessions 1-8:**
April 17, 24, May 1, 8, 15, 22, June 5, 12 (No session: May 29)

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.