Helping you take charge of your kidney health!

Free workshops:

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.