



2018

# KIDNEY PATH



National Kidney Foundation®  
of Michigan

## Helping you take charge of your kidney health!

### Free workshops:

#### Gary Burnstein Community Health Clinic

45580 Woodward Ave.  
Pontiac, MI 48341  
Thursdays from 1:00pm-3:30pm

#### Informational Session:

September 20 from 1:00pm-2:00pm

#### Sessions 1-8:

September 27, October 4, 11, 18, 25,  
November 1, 8 & 15

#### Henry Ford Centennial Library

16301 Michigan Ave.  
Dearborn, MI 48126  
\*Conference Room on 3rd Floor  
Fridays from 1:00pm-3:30pm

#### Informational Session:

September 21 from 1:00pm-2:00pm

#### Sessions 1-8:

September 28, October 5, 12, 19, 26,  
November 2, 9 & 16

#### Jackson District Library

244 W. Michigan Ave  
Jackson, MI 49201  
\*McIntyre Room  
Wednesdays from 9:30am-12:00pm

#### Informational Session:

September 26 from 9:30am-10:30am

#### Sessions 1-8:

October 3, 10, 24, 31, November 7, 14,  
28 & December 5

**Snacks provided!**

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

### To Register Contact:

#### PATH Programs

Phone Number: 800-482-1455  
Email: PATHPrograms@nkfm.org



**MICHIGAN MEDICINE**  
UNIVERSITY OF MICHIGAN

For additional information please contact the National Kidney Foundation of Michigan at 800-482-1455 or go to [www.nkfm.org/path](http://www.nkfm.org/path).  
For other wellness programs in Michigan go to [www.mihealthyprograms.org](http://www.mihealthyprograms.org).