Helping you take charge of your kidney health!

Kidney Personal Action Toward Health (Kidney PATH) is designed to provide skills and tools to help people living with long-term health problems, specifically Kidney Disease, to live a healthier life. It is a fun, interactive **eight week workshop** led by certified leaders.

**Since this is a full eight week workshop, new participants are unable to join after the 2nd week.**

This Workshop is for YOU if:
- You have kidney disease or kidney failure
- 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

For more info call: **National Kidney Foundation of MI**
800.482.1455
or visit [www.nkfm.org/path](http://www.nkfm.org/path)
Check out the scheduled workshops below!

**East Lansing Fire Station**
1700 Abbott Road
East Lansing, MI 48823

Tuesdays from 9:30am - 12:00pm

**Informational Session:**
September 12, 2017 from 9:30am - 10:30am

**Sessions 1-8:**
September 19, 26, October 3, 10, 17, 24, 31 and November 7, 2017

**Ellen Thompson Women’s Health Center**
5320 Elliot Drive
Ypsilanti, MI 48197
**Room 1AB**

Thursdays from 1:00pm - 3:30pm

**Informational Session:**
September 21, 2017 from 1:00pm - 2:00pm

**Sessions 1-8:**
September 28, October 5, 12, 19, 26, November 2, 9, and 16, 2017
**November 2, 9 and 16 in Classroom 2**

**MidMichigan Health**
4000 Wellness Drive
Midland, MI 48670
**Room H1224**

Thursdays from 2:15pm - 4:45pm

**Informational Session:**
September 21, 2017 from 2:15pm - 3:15pm

**Sessions 1-8:**
September 28, October 5, 12, 19, 26, November 2, 9 and 16, 2017
**October 12 session in room H1601/1602/1603**

**Southfield Public Library**
26300 Evergreen Road
Southfield, MI 48076
Large Conference Room

Fridays from 1:00pm - 3:30pm

**Informational Session:**
September 29, 2017 from 1:00pm - 2:00pm

**Sessions 1-8:**
October 6, 13, 20, 27, November 3, 17, December 1 and 8, 2017

To register for any of the above workshops call:
1-800-482-1455
ask for LaShawn Griffin or Lisa Hall

For additional programs that promote healthy living throughout Michigan go to www.mihealthyprograms.org