



# KIDNEY PATH



## Helping you take charge of your kidney health!

**Specific  
workshop  
information on  
the back of this  
flyer**

**To Register for  
any of the  
workshops  
listed call:**

**1-800-482-1455**

**Ask for  
LaShawn Griffin  
or Lisa Hall**

**Free Sessions!  
Snacks provided!**

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)



**MICHIGAN MEDICINE**  
UNIVERSITY OF MICHIGAN

# 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



For additional programs that promote healthy living throughout Michigan go to [www.mihealthyprograms.org](http://www.mihealthyprograms.org)

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