



KIDNEY PATH

Online 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.

Workshop #1

Thursdays at 6:00-8:00pm
Info Session: September 23
Sessions 1-8: September 30,
October 7, 14, 21, 28, November
4, 11, 18

To register contact:
PATHPrograms@nkfm.org or
734-222-9800

Workshop #2

Mondays at 1:00pm-3:00pm
Info Session: October 4
Sessions 1-8: October 11, 18, 25,
November 1, 8, 15, 22, 29

To register contact Ascension:
248-849-5752

Workshop #3

Wednesdays at 10am-12pm
Info Session: October 6
Sessions 1-8: October 13, 20, 27,
November 3, 10, 17, December 1, 8
*No session November 24

To register contact:
PATHPrograms@nkfm.org or
734-222-9800

Workshops offered at no cost to
participants.

This workshop is for YOU if:

- You have kidney disease, kidney failure, or a kidney transplant
- You are a caregiver

Learn how to:

- 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



TRANSPLANT CENTER



During registration, please indicate if you need special accommodations in order to participate. Since this is a full 8-week workshop, new participants are unable to join after week 2.