



KIDNEY PATH

Helping you take charge of your kidney health!

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.

This workshop is for YOU if you have:

- 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

Where:

Symphony Applewood
18500 Van Horn Rd
Woodhaven 48183

When:

Tuesdays from
1:00pm - 3:00pm

Sessions 1-6

June 20, 27
July 11, 18, 25
(skipping July 4)
August 1, 8, 15

To register, visit:

www.nkfm.org/KPATH
or call 800-482-1455

This workshop is offered at no cost to participants.

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



of Michigan

