



KIDNEY PATH

Winter 2022

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.

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 overall health and increase energy
- Become an advocate for yourself
- Ask a panel of experts about kidney disease
- Understand treatment options for kidney failure

To register contact:

PATHPrograms@nkfm.org | 800-482-1455

Zoom Video Conference
(requires a computer or device
with internet access)

*Meeting link will be sent to
registered participants*

Workshop #1

Wednesdays at 6:00 - 8:00pm
Info Session: January 19

Workshop #2

Thursdays at 1:00 - 3:00pm
Info Session: January 20
To register: Call Ascension at
248-849-5752

Workshop #3

Tuesdays at 6:00 - 8:00pm
Info Session: January 25

Workshop #4

Fridays at 1:00 - 3:00pm
Info Session: February 11

These workshops are offered at
no cost to participants.

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.



TRANSPLANT CENTER



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