



Personal Action Toward Health (PATH) is designed to provide skills and tools to help people with long-term health problems and their support system to live healthier lives. Listed below are the PATH programs National Kidney Foundation of Michigan (NKFM) offers.

- **PATH** - people with a chronic health condition such as arthritis or hypertension
- **Diabetes PATH** - people who are living with Type 2 Diabetes
- **Chronic Pain PATH** - people living with chronic pain
- **Kidney PATH** - Two additional sessions for people with Chronic Kidney Disease (CKD).
- **Caregiver PATH** – caregivers of people with long term health condition(s).

**Please Note:** The last day for a new participant to join is the 2<sup>nd</sup> week of the workshop. All classes are free unless otherwise specified. Donations are accepted.

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## **Wayne County**

### **Diabetes PATH - Wayne Senior Services/Hype**

4635 Howe  
Wayne, MI 48184  
Wednesdays from 6:00 – 8:30 pm  
Sessions 1-6: February 20, 27, March 6, 13, 20, 27  
**To register** contact: Beaumont Health: 800-633-7377 or  
[www.beaumont.org/classes-events](http://www.beaumont.org/classes-events)

### **Diabetes PATH – St. Mary Mercy Livonia – Room 11**

36475 Five Mile Road  
Livonia, MI 48154  
Tuesdays from 1:30pm- 4:00pm  
Sessions 1-6: March 5, 12, 19, 26, April 2, 9  
**To register** call Community Connect at  
(734) 655- 8955 or register online at  
[www.stmarymercy.org/diabetes-education](http://www.stmarymercy.org/diabetes-education)

### **Chronic Pain PATH – Civic Park Senior Center Livonia**

15218 Farmington Rd  
Livonia, MI 48154  
Wednesdays from 12:30-3:00pm  
Sessions 1-6: March 6, 13, 20, 27, April 3, 10  
**To register** call Angela Arnott at 734-466-2551

### **Diabetes PATH – ACCESS Community Health Center**

6450 Maple Street  
Dearborn, MI 48126  
Mondays from 10:00 – 12:30 pm  
Sessions 1-6: March 11, 18, 25, April 1, 8, 15  
**To register** contact: Hiam Hamade  
313-289-5018 or 313-269-5591

### **Diabetes PATH – Church of Our Father Missionary Baptist**

5333 E. 7 Mile Road  
Detroit, MI 48234  
Wednesdays from 1:00pm-3:30pm  
Sessions 1-6: March 20, 27, April 3, 10, 17, 24  
**To register** call Health Connect: 1-866-501-3627

### **Diabetes PATH - Westfield Activities Center**

2700 Westfield Road  
Trenton, MI 48183  
Tuesdays from 6:00 – 8:30 pm  
Sessions 1-6: March 19, 26, April 2, 9, 16, 23  
**To register** contact Beaumont Health at  
800-633-7377 or [www.beaumont.org/classes-events](http://www.beaumont.org/classes-events)

# Personal Action Toward Health 2019 Workshops



National Kidney Foundation®  
of Michigan

## **Kidney PATH - DMC Harper University Hospital**

HUH Kresge Auditorium

3990 John R St

Detroit, MI 48201

Wednesdays from 12:30 – 3:00 pm

Sessions 1-8: March 20, 27, April 3, 10, 17, 24,

May 8, 15

To register contact PATH Programs at 800-482-1455 or email [PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org)

## **Diabetes PATH - Western Wayne Family Health Center**

2700 Hamlin Blvd.

Inkster, MI 48141

Tuesdays from 10:00 am-12:30pm

Sessions 1-6: April 9, 16, 23, 30, May 7, May 14

To register contact Beaumont Health at

800-633-7377 or [www.beaumont.org/classes-events](http://www.beaumont.org/classes-events)

## **Chronic Pain PATH – Mayflower Congregational Church**

7301 Curtis

Detroit, MI 48221

Wednesdays from 10:00am-12:30pm

Sessions 1-6: April 24, May 1, 8, 15, 22, 29

To register call 313-861-6450

## **Diabetes PATH - Taylor Senior Center**

6750 Troy Street

Taylor, MI 48180

Mondays from 1:00pm – 3:30 pm

Sessions 1-6: May 6, 13, 20, **(No class Memorial Day**

**May 27)**, June 3, 10, 17

To register contact Beaumont Health: 800-633-7377 or

[www.beaumont.org/classes-events](http://www.beaumont.org/classes-events)

## **Diabetes PATH – St. John United Church of Christ**

2744 4<sup>th</sup> Street

Wyandotte, MI 48192

Mondays from 12:30-3:00pm

Sessions 1-6: June 3, 10, 17, 24, July 1, 8

To register call Health Connect at 866-501-3627

## **Diabetes PATH – Bethel Baptist Church East**

5715 Holcomb Ave

Detroit, MI 48213

Tuesdays from 9:00am – 11:30am

Sessions 1-6: July 23, 30, August 6, 13, 20, 27

To register call Health Connect: 1-866-501-3627

## **Diabetes PATH – Trenton Veterans Memorial Library**

2790 Westfield Road

Trenton, MI 48108

Wednesdays from 10am-12:30 pm

Sessions 1-6: September 11, 18, 25, October 2, 9, 16

To register contact Beaumont Health at

800-633-7377 or [www.beaumont.org/classes-events](http://www.beaumont.org/classes-events)

## **Livingston**

### **Diabetes PATH – Ascension Medical Center**

1225 Latson Rd

Howell, MI 48843

Tuesdays from 12:30pm-3:00 pm

Sessions 1-6: March 7, 14, 21, 28. April 4, 11

To register contact Health Connect: 1-866-501-3627

### **Kidney PATH - University of Michigan Brighton Center for Specialty Care**

*Maize & Blue conference room 2264AB\**

7500 Challis Road

Brighton, MI 48116

Wednesdays from 1:00-3:30pm

*Information Session:* April 10, 2019 from 1:00-3:30pm

Sessions 1-8: April 17, 24, May 1, 8, 15, 22, June 5, 12

**\*No class May 29, 2019**

To register contact PATH Programs at 800-482-1455 or

email [PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org)

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For additional information about the National Kidney Foundation of Michigan PATH workshops contact:

PATH Programs – (800) 482-1455 • [PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org) or check out our website [www.nkfm.org/path](http://www.nkfm.org/path)

For additional PATH Workshops or other healthy programs in Michigan check out: <http://www.mihealthyprograms.org/>



## **Macomb County**

### **Diabetes PATH – Beaumont Health and Fitness Center**

25631 Little Mack  
Saint Clair Shores, MI 48081  
Mondays from 5:30pm - 8:00pm  
*Sessions 1-6:* April 1, 8, 15, 22, 29, May 6  
**To register** contact Beaumont Health at  
800-633-7377 or [www.beaumont.org/classes-events](http://www.beaumont.org/classes-events)

### **Kidney PATH - Macomb Board of Commissioners (Mt. Clemens)**

1 S Main St. 9th Floor  
Mt Clemens, MI 48043  
Tuesdays from 10:00am - 12:30pm  
*Information Session:* April 2, 2019  
*Sessions 1-8:* April 9, 16, 23, 30, May 7, 14, 21, 28  
**To register** contact PATH Programs at 800-482-1455 or  
email [PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org)

## **Oakland County**

### **PATH – Jewish Family Services**

Prentis Apartments Community Room  
15100 West Ten Mile  
Oak Park, MI 48237  
Wednesdays from 1:30-4:00pm  
*Sessions 1-6:* March 6, 13, 20 27, April 3, 10  
**To register** contact Olga Semenova at  
(248) 592-2662

### **Diabetes PATH – First United Methodist Church**

315 E. 9 Mile Road  
Hazel Park, MI 48030  
Thursdays from 5:30pm – 8:00pm  
*Sessions 1-6:* March 7, 14, 21, 28, April 4, 11  
**To register** contact Beaumont Health at  
800-633-7377 or [www.beaumont.org/classes-events](http://www.beaumont.org/classes-events)

### **Kidney PATH - Beaumont Surgical Learning Center**

3601 W. Thirteen Mile Rd  
Royal Oak, MI 48073  
Saturdays from 10:00am- 12:30pm  
*Information Session:* March 16  
*Sessions 1-8:* March 23, 30, April 6, 13, 27,  
May 4, 11, 18  
**To register** contact PATH Programs at 800-482-1455 or  
email [PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org)

### **Diabetes PATH – Ascension Southfield Wellness**

15990 W. 9 Mile Road  
Southfield, MI 48075  
Wednesdays from 12:30pm - 3:00pm  
*Sessions 1-6:* April 10, 17, 24, May 1, 8, 15  
**To register** contact Health Connect: 1-866-501-3627  
**\*No class Memorial Day, May 27**

### **Diabetes PATH – Hunter Community Center**

509 Fisher Court  
Troy, MI 4801  
Wednesdays from 1:00pm - 3:30pm  
*Sessions 1-6:* April 24, May 1, 8, 15, 22, 29  
**To register** contact Beaumont Health at  
800-633-7377 or [www.beaumont.org/classes-events](http://www.beaumont.org/classes-events)

### **Diabetes PATH – Center for Active Adults**

1000 N. Lafayette  
South Lyon, MI 48178  
Mondays from 2:00pm – 4:00pm  
*Sessions 1-6:* May 13, 20, June 3, 7, 10, 24  
To register contact Health Connect: 1-866-501-3627  
**\*No class Memorial Day, May 27<sup>th</sup>**

### **Diabetes PATH – Botsford Commons**

21300 Archwood Circle  
Farmington Hills, MI 48336  
Tuesdays from 10am- 12:30 pm  
*Sessions 1-6:* June 4, 11, 18, 25, July 2, 9  
**To register** contact Beaumont Health at  
800-633-7377 or [www.beaumont.org/classes-events](http://www.beaumont.org/classes-events)

## **Washtenaw**

### **PATH – Ann Arbor Center for Independent Living**

3941 Research Park Drive

Ann Arbor, MI 48108

Wednesdays from 5:30pm – 8:00pm

Sessions 1-6: February 27, March 6, 13, 20, 27,

April 3

**To register** contact PATH Programs at 800-482-1455 or email [PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org)

**Workshop accessible to all adults, regardless of disability**

### **Powerful Tools for Caregivers - Ann Arbor Center for Independent Living**

3941 Research Park Drive

Ann Arbor, MI 48108

Wednesdays from 5:30pm – 8:00pm

Sessions 1-6: February 27, March 6, 13, 20, 27,

April 3

**To register** contact PATH Programs at 800-482-1455 or email [PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org)

**Focused on caregivers of adults with disabilities**

### **Kidney PATH - Ellen Thompson Women's Health Center**

5320 Elliot Drive

Ypsilanti, MI 48197 Classroom 2\*

Mondays from 1:00-3:30pm

Information Session: March 25

Sessions 1-8: April 1, 8, 22, 29, May 6, 13, 27, June 6

**\*No class April 15 or May 20, 2019**

**To register** contact PATH Programs at 800-482-1455 or email [PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org)

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For additional PATH Workshops or other healthy programs in Michigan check out: <http://www.mihealthyprograms.org/>