



2018

PATH



National Kidney Foundation®
of Michigan

Helping you take charge of your health!

Where:

Davison Area Senior Center
10135 Lapeer Road
Davison, MI 48423

When:

Fridays
9:30am-12:00pm

Sessions 1-6
March 2, 9, 16, 23, 30
and April 6th

To register contact:

NKFM Flint
(810) 658-1566
PATHPrograms@nkfm.org

Free Sessions!
Snacks provided!

If you need any kind of accommodation to fully participate in this workshop, please make sure to tell the registration person when you contact them.



Personal Action Toward Health (PATH) is designed to provide skills and tools to help people living with long-term health problems live a healthier life. It is a fun, interactive, six week workshop led by certified leaders.

** Since this is a full six week workshop, new participants are unable to join after the 2nd week. **

This workshop is for YOU if you have:

- High blood pressure
- Ongoing pain or fatigue
- You are a caregiver
- Other long-term health problems
- Depression
- Anxiety
- Cancer
- Kidney Disease
- Arthritis

YOU can:

- Manage everyday activities
- Manage symptoms and decrease stress
- Improve communication skills
- Avoid complications
- Improve your overall health and increase your energy!

For additional information please contact the National Kidney Foundation of Michigan
800-482-1455
Website: www.nkfm.org



NKFM is funded in part by the Federal Older Americans Act and the Michigan Office of Services to the Aging through the Valley Area Agency on Aging through the Office of Services to the Aging.