

# KIDNEY PATH

## Online Workshop

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



### Where:

Zoom Video Conference  
(requires a computer or device with internet access)  
*Meeting link will be sent to registered participants*

### When:

Wednesdays at 10am-12pm

### Info Session:

April 20 at 10am-11am

### Sessions 1-8:

April 27,  
May 4, 11, 18, 25  
June 1, 8, 15

### To register contact:

Ascension at 248-849-5752

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 8-week workshop, new participants are unable to join after week 2.



Ascension



National Kidney Foundation®  
of Michigan



MICHIGAN Partners on the  
PATH