

KIDNEY PATH

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 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

To register contact:
PATHPrograms@nkfm.org
800-482-1455



TRANSPLANT CENTER



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

Spring Workshop

Wednesdays at 6:00-8:00pm
 Info Session: May 19
 Sessions 1-8: May 26, June 2, 9,
 16, 23, 30, July 7, 14

Fall Workshops

Thursdays at 6:00-8:00pm
 Info Session: September 23
 Sessions 1-8: September 30-
 November 18

Wednesdays at 10am-12pm
 Info Session: October 6
 Sessions 1-8: October 13-
 December 8
 *No session November 24

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.