Winter 2024 Workshops

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

Workshop #1
Wednesdays at 1:00-3:00pm
Info Session: January 24
Sessions 1-8: January 31, February 7, 14, 21, 28, March 6, 13, 20

Workshop #2
Tuesdays at 6:00-8:00pm
Info Session: February 13
Sessions 1-8: February 20, 27, March 5, 12, 19, 26, April 2, 9

These workshops are offered at no cost to participants.

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KIDNEY PATH

Online Workshops
Take charge of your health!

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:

• Improve your overall health
• Increase your energy
• Lower stress and manage symptoms
• Improve communication skills
• Avoid complications
• Become an advocate for yourself
• Ask a panel of experts about kidney disease
• Understand treatment options for kidney failure

To register, visit:
www.nkfm.org/KPATH
or call 800-482-1455

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.