KIDNEY PATH

Online Workshops
Resolve to live well in 2023!

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

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

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

Winter Workshops
Wednesdays at 1:00-3:00pm
Info Session: January 25
Sessions 1-8: February 1, 8, 15, 22, March 1, 8, 15, 22

Tuesdays at 6:00-8:00pm
Info Session: February 21
Sessions 1-8: February 28, March 7, 14, 21, 28, April 4, 11, 18

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.