



NO COST WORKSHOP TAKE CHARGE OF YOUR KIDNEY HEALTH!

Kidney Personal Action Toward Health (Kidney-PATH) is a class that provides skills and tools to help people in various stages of chronic kidney disease live a healthier life. It is an eight week workshop led by certified leaders. Participants will receive a free healthy living book.

Fall 2026 Workshops

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

Workshop #1

Wednesdays at 1:00-3:00pm

Information Session:

September 9 from 1:00-2:00pm

Sessions 1-8:

September 16, 23, 30, October 7, 14, 21, 28,
November 4

Workshop #2

Tuesdays at 6:00-8:00pm

Information Session:

September 22 from 6:00-7:00pm

Sessions 1-8:

September 29, October 6, 13, 20, 27,
November 3, 10, 17

These workshops are offered at no cost to participants.

This workshop is for you if:

- You have kidney disease, kidney failure, or a kidney transplant
- You are a caregiver

What you'll learn:

- Improve your overall health
- Control symptoms and decrease stress
- Improve communication skills
- Avoid complications
- Become an advocate for yourself
- Understand fluid restrictions and dialysis

"I feel optimistic about choices I can make to keep myself healthier (even though my disease is progressing)."

-Kidney PATH participant

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

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.

