

# PATH

## Personal Action Toward Health

800-482-1455 | [nkfm.org/PATH](http://nkfm.org/PATH)

[PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org)

Chronic Pain **P**ersonal **A**ction **T**oward **H**ealth (PATH) is a no-cost, six-week workshop led by certified leaders designed to help people living with chronic pain manage their health conditions and live a healthier, more enjoyable life.

### What will you gain from Chronic Pain PATH?

- Challenge myths about dealing with pain
- Master techniques to deal with frustration, fatigue, isolation and poor sleep
- Pace yourself around activity and rest
- Exercise to improve strength and endurance
- Use medication wisely - and more!

NKFM is committed to providing access, equal opportunity and reasonable accommodation in its programs. To request accommodation contact the PATH team at least ten days in advance at: 800-482-1455 or [PATHPrograms@nkfm.org](mailto:PATHPrograms@nkfm.org).



### Fall 2022 Workshops

Access upcoming workshops either virtually (Zoom) or in person:

#### Chronic Pain PATH (Virtual)

Mondays at 6:00 - 8:00pm

Info Session: September 19

Sessions 1-6: September 26 - October 31

Location: Zoom Video Conference

To register contact Beaumont: 800-633-7377

<http://classes.beaumont.org>

#### Chronic Pain PATH (In Person)

Thursday's 12:30 pm-3:00 pm

Sessions 1-6: October 6 - November 10

Location: Providence Park Hospital

Conference rooms AB, Southeast Entrance

47601 Grand River Ave, Novi, MI 48374

To register contact Ascension: 248-849-5752

#### Chronic Pain PATH (In Person)

Wednesdays at 3:30pm-6pm

Info Session: October 5

Sessions 1-6: October 12 - November 16

Location: Western Wayne Family Health Center,

2700 Hamlin Blvd, Inkster, MI 48141

To register contact Beaumont: 800-633-7377

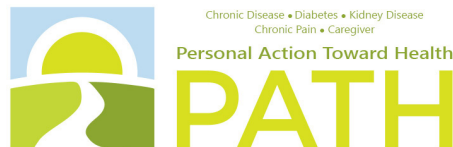
<http://classes.beaumont.org>

**Workshops offered at no cost  
to participants.**



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Chronic Pain • Caregiver

Personal Action Toward Health

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National Kidney Foundation of Michigan | 2022 | 800-482-1455 | [www.nkfm.org](http://www.nkfm.org)

For other wellness programs in Michigan, visit [www.mihealthyprograms.org](http://www.mihealthyprograms.org).

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