

Kidney Health Begins with Kidney Smart®



Take control of your kidney health. Attend a no-cost Kidney Smart® class and get your questions answered by certified kidney care educators:

- What causes chronic kidney disease (CKD) and how can it be delayed?
- What is a kidney-friendly diet and what information is available to help make the right food choices at home and while dining out?
- What actions can be taken to lower blood pressure, manage blood sugar and make simple lifestyle changes?
- How can medication management help lead to better kidney health?
- How does continuing to work and having insurance coverage help with quality of life?
- What treatment options are available that can fit a variety of work and lifestyle needs (including dialysis performed during the day or night, at home or in a clinic)?
- How does the transplant process work, who can receive this treatment and how may it lead to better health?

Join us for our next class:
Wednesday, 02/08/2023
11:00 a.m.

Nineteenth Street Baptist Church
4606 Sixteenth Street Nw
Washington, DC 20011

Find a class near you at
KidneySmart.org
or call **+1 202-829-2773**.

