



You Can Now Attend a Kidney Smart[®] Class at Home

Instructor-led webinars are offered Monday through Friday.

If you can't make it to an in-person Kidney Smart class, attend a webinar from the comfort of your home. You'll learn:

- What causes **kidney disease** and how to **delay its progression**
- What **diet resources** can help keep you healthy
- How to **manage other related health conditions**, including diabetes and high-blood pressure
- Why continuing to work may keep you **happier and healthier**

For more information call
1-888-MY-KIDNEY or email
info@KidneySmart.org

