



Your Kidney Health

Are you interested in learning more about kidney health and preventing chronic kidney disease (CKD)? Join a Registered Nurse to learn about:

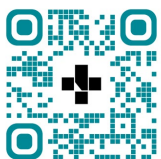
- The parts and functions of kidneys.
- Current information about CKD.
- Treatment options.
- How to manage and preserve kidney health.

Class Type	Date	Time	How to Register
Online	Wednesday, April 17	10:00 a.m. – 12:00 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
In-person	Wednesday, May 22	1:30 p.m. – 3:30 p.m.	In-person at South Calgary Health Centre Register online or call 1-844-527-1160 Hosted by Calgary Zone
Online	Wednesday, July 10	1:00 p.m. – 3:00 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.

[Join our e-mail distribution list](#) to receive the newsletter and other updates for the Alberta Healthy Living Program – Calgary Zone.



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