



# Your Kidney Health: What Should I Eat?

Learn about what you can eat to keep your kidneys healthy! A Dietitian will talk about:

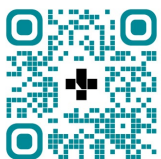
- Healthy eating patterns that can prevent and manage kidney disease.
- Easy ways to follow healthy eating patterns.
- How to see a dietitian for personalized nutrition advice.

Class Type	Date	Time	How to Register
Online	Thursday, May 16	10:00 a.m. – 11:30 a.m.	<a href="#">Register online</a> or call 1-844-527-1160 Hosted by Calgary Zone
	Thursday, July 18	1:00 p.m. – 2:30 p.m.	

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.

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