



# 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
In-person	Wednesday, June 25	1:30 p.m. – 3:30 p.m.	In-person at Sunridge Medical Gallery <a href="#">Register online</a> or call 1-844-527-1160 Hosted by Calgary Zone
Online	Wednesday, May 21	10:00 a.m. – 12:00 p.m.	<a href="#">Register online</a> or call 1-844-527-1160 Hosted by Calgary Zone
	Wednesday, July 23	1:00 p.m. – 3:00 p.m.	
	Wednesday, September 24	10:00 a.m. – 12:00 p.m.	

Click “register online” to see if there are additional class dates available.

Classes are offered in partnership with [The Kidney Foundation of Canada](#), Southern Alberta Branch.

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.

[Sign-up](#) for the e-newsletter and updates from the Alberta Healthy Living Program – Calgary Zone.

