

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 | Friday, June 6 | 10:30 a.m. – 12:00 p.m. | Register online or call 1-844-527-1160 Hosted by Calgary Zone |
| | Wednesday, July 23 | 1:00 p.m. – 2:30 p.m. | |
| | Thursday, October 2 | 10:30 a.m. – 12:00 p.m. | |

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

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.

