



Presented by: Cynthia Polis, RN
& Renal Education Specialist

Kidney Sense: Get Smart About Your Kidneys!

- **Demystify CKD:** Learn about its impact, progression, and what to expect.
- **Understand Your Labs & Medications:** Discover how they work together to maintain your health.
- **Master Dietary Management:** Gain practical insights on potassium, phosphorus, protein, and low-sodium diets.
- **Explore Treatment Options:** Learn about available treatments and how to make informed decisions.

Call to reserve your seat!

| Location | Date | Time | Contact |
|---|----------|---------|--------------|
| Oceanside | April 8 | 1 pm | 760-967-9900 |
| La Mesa | April 11 | 1 pm | 619-461-3880 |
| National City | April 15 | 9:30 am | 619-475-4900 |
| La Jolla | April 17 | 1 pm | 858-558-8150 |
| Fountain Valley | April 24 | 11 am | 714-641-9696 |
| Hillcrest | April 25 | 2 pm | 619-299-2350 |
| New Chula Vista Location! (416 Broadway) | April 29 | 9:30 am | 619-421-3361 |
| El Centro | April 30 | 11 am | 760-353-0404 |