



CHRONIC KIDNEY DISEASE (CKD) WORKSHOP

Presented by: Cynthia Polis, RN, Renal Education Specialist

- **Learn what CKD is, its impact and what to expect.**
- **Discover why labs are important and how your medications keep you healthy.**
- **Gain knowledge about potassium, phosphorus, protein and maintaining a low sodium diet.**
- **Explore different treatment options for CKD to help you make the choice that's right for you.**

| Location | Date | Time | Contact |
|------------------------------|----------|---------|--------------|
| National City | April 4 | 9:30 am | 619-475-4900 |
| La Mesa | April 5 | 1 pm | 619-461-3880 |
| Chula Vista | April 8 | 9:30 am | 619-427-1144 |
| Chula Vista - Sharp Hospital | April 8 | 1 pm | 619-421-3361 |
| Escondido | April 9 | 10 am | 760-294-1660 |
| Oceanside | April 9 | 1 pm | 760-967-9900 |
| La Jolla | April 18 | 1 pm | 858-558-8150 |
| Orange County | April 23 | 11 am | 714-641-9696 |
| Hillcrest | April 26 | 2 pm | 619-299-2350 |

Call to reserve your seat!