



## 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.**

# *Call to reserve your seat!*

Location	Date	Time	Contact
Escondido	December 10	10 am	760-294-1660
Oceanside	December 10	1 pm	760-967-9900
La Jolla	December 12	1 pm	858-558-8150
La Mesa	December 13	1 pm	619-461-3880
National City	December 18	9:30 am	619-475-4900
Chula Vista East (752 Medical Ctr.)	December 18	1 pm	619-421-3361
Hillcrest	December 20	2 pm	619-299-2350