



CHRONIC KIDNEY DISEASE (CKD) WORKSHOP SCHEDULE

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
Escondido	February 11	10 am	760-294-1660
Oceanside	February 11	1 pm	760-967-9900
La Mesa	February 14	1 pm	619-461-3880
National City	February 18	9:30 am	619-475-4900
Chula Vista West (855 Third Avenue, Ste 2210)	February 19	9:30 am	619-427-1144
Chula Vista East (752 Medical Ctr.)	February 19	1 pm	619-421-3361
La Jolla	February 20	1 pm	858-558-8150
Hillcrest	February 28	2 pm	619-299-2350

Call to reserve your seat!