



Kidney Sense: Get Smart About Your Kidneys!

Are you living with Chronic Kidney Disease (CKD) or seeking to understand it better? Join us for an informative session designed to empower you with the knowledge you need to navigate your kidney health journey. During a session, you'll will:

- **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.

Presented by: Cynthia Polis, RN
& Renal Education Specialist

Call to reserve your seat!

Location	Date	Time	Contact
Oceanside	March 11	1 pm	760-967-9900
Fountain Valley	March 13	11 am	714-641-9696
La Mesa	March 14	1 pm	619-461-3880
National City	March 18	9:30 am	619-475-4900
Chula Vista East (752 Medical Ctr.)	March 19	1 pm	619-421-3361
La Jolla	March 20	1 pm	858-558-8150
Hillcrest	March 21	2 pm	619-299-2350