



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#
National City	May 2	9:30 am	619-475-4900
La Mesa	May 3	1 pm	619-461-3880
Fountain Valley	May 9	11 am	714-641-9696
Chula Vista - 340 4th Avenue #4	May 13	9:30 am	619-427-1144
Chula Vista - 752 Medical Ctr Ct. #302	May 13	1 pm	619-421-3361
Escondido	May 14	10 am	760-294-1660
Oceanside	May 14	1 pm	760-967-9900
La Jolla	May 16	1 pm	858-558-8150
Hillcrest	May 24	2 pm	619-299-2350
El Centro	May 29	11 am	760-353-0404