



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 |
|--|-------------|---------|--------------|
| Chula Vista West (340 4th Ave) | November 4 | 9:30 am | 619-427-1144 |
| Chula Vista East (752 Medical Ctr.) | November 4 | 1 pm | 619-421-3361 |
| Escondido | November 5 | 10 am | 760-294-1660 |
| Oceanside | November 5 | 1 pm | 760-967-9900 |
| Fountain Valley | November 7 | 11 am | 714-641-9696 |
| Orange County | November 7 | 2 pm | 714-641-9696 |
| National City | November 13 | 9:30 am | 619-475-4900 |
| La Jolla | November 14 | 1 pm | 858-558-8150 |
| La Mesa | November 15 | 1 pm | 619-461-3880 |
| El Centro | November 20 | 11 am | 760-353-0404 |
| Hillcrest | November 22 | 2 pm | 619-299-2350 |