



WHAT YOU CAN DO TO MANAGE YOUR KIDNEY HEALTH: Getting into the Driver's Seat

The Kidney Care Clinic at the Royal Jubilee Hospital will be presenting free educational sessions for persons with early kidney disease.

Information presented by the Kidney Care team will include:

- Understanding what your kidneys do and what you can do to keep your kidneys healthy
- Eating well for kidney health
- Managing your medications
- Navigating your way through the health care system
- Resources to support and help you

**This session will be held in Victoria and various locations on
Vancouver Island in 2009**

**Please call *ANNA-MARIE* at the Kidney Care Clinic 370 - 8224 or
Toll Free 1-888-370-8224 for information & to "Self Register"**

Please note: 1)Kidney Care Clinic will send notification to you with date, time and location of the session you are registered for.

2)Our Clinic will send confirmation of your attendance to your family physician and kidney specialist (if you have one).

We encourage you to bring a family member or friend , but please let us know ahead of time as seating is limited