



**Kidney Smart**

1551 Wewatta Street

Denver, CO 80202

Tel: 1-888-MyKidney (695-4363)

[www.KidneySmart.org](http://www.KidneySmart.org)

Date: June 18, 2018

Time: 3:00 pm – 4:30 pm

Location: EBCI Public Health and Human  
Services Administration building  
Conference Room/ 43 John Crowe Hill  
(across from the Cherokee Cablevision)

**3<sup>rd</sup> Monday** of June, September & December

**Kidney smart is a class about Chronic Kidney Disease (CKD).** This class is provided by DaVita® at no cost to participants. You are welcome to bring family or friends to attend with you.

Kidney Smart Topics discussed are:

- Understanding how kidneys work and what they do
- Practicing kidney-healthy behaviors
- Controlling your health through diet
- Reviewing the common medicines for people with CKD
- Choosing the right treatment for your health and lifestyle
- Learning to work with your health care team
- Coping with kidney disease
- Understanding insurance programs
- Staying active and continuing to work

Questions: Call  
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