

# Your Kidney Health

## What can I expect to learn?

Are you interested in learning more about kidney health and preventing chronic kidney disease (CKD)? Come learn about the following from a Registered Nurse:

- The parts and function of kidneys
- Current information about Chronic Kidney Disease (CKD)
- Treatment options available
- How to manage and preserve your kidney health

## How many classes are there?

One class for 2 hours

## How is this class being offered?

Over Zoom and in-person

## Who can register for this class?

Adults who are living in Alberta and will be in Alberta during the class

## How can I register for this class?

For information about when this class is being offered or to register, you can:

- Scan the QR code;
- [Register online](#);
- Use our [Class Schedule Guide](#) or [Class Description Handbook](#); or
- Phone us at 1-844-527-1160

To receive updates about upcoming programs and services offered by the Alberta Healthy Living Program- Calgary Zone, [join our e-mail distribution list](#).

