

Your Kidney Health: What Should I Eat?

What can I expect to learn?

Come learn about what you can eat to help keep your kidneys healthy! A Registered Dietitian will talk about:

- Healthy eating patterns that can help prevent and manage kidney disease
- Easy ways to follow these healthy eating patterns
- How to see a dietitian for personalized nutrition advice

How many classes are there?

One class for 1 hour and 30 minutes

How is this class being offered?

Over Zoom

Who can register for this class?

Adults who live anywhere in Alberta and who are physically present in Alberta during the session

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](#).

