

Your Kidney Health: What Should I Eat?



Learn about what you can eat to keep your kidneys healthy! A Dietitian will talk about:

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

Class Type	Date	Time	How to Register
Online	Friday, December 5	1:00 p.m. – 2:30 p.m.	Register online or call 1-844-527-1160 Hosted by Calgary Zone
	Wednesday, January 7, 2026	1:30 p.m. – 3:00 p.m.	
	Thursday, March 5, 2026	10:30 a.m. – 12:00 p.m.	

Click “register online” to see if there are additional class dates available.

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.

[Sign-up](#) for the e-newsletter and updates from the Alberta Healthy Living Program – Calgary Zone.



Updated November 18, 2025



**Nutrition
Services**

Essential partners
in health



**Primary Care
Alberta**

Alberta Healthy Living
Program